



CENTENNIAL HEALTH BOOK

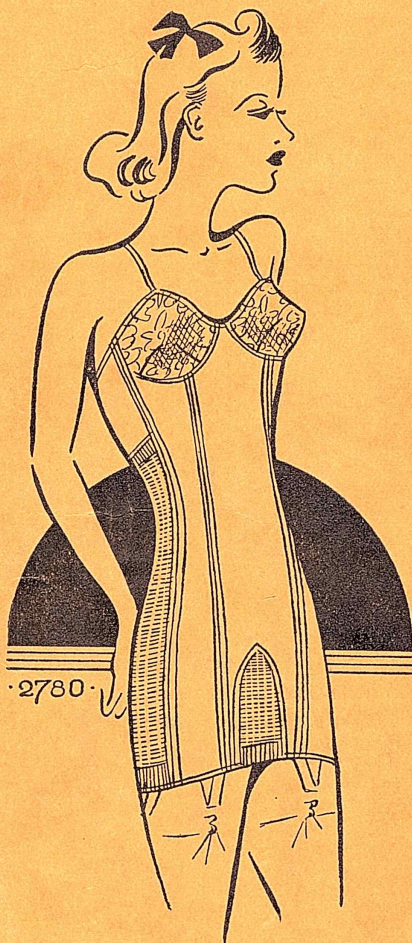


*We squander health in search of wealth,
We scheme and toil and save;
Then we squander wealth in search of health,
And only find a grave.*

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*That is a good book that is opened with expectation
and closed with profit.*

HEALTH ALPHABET.

- "A" is for Air
That we breathe day and night.
It must always be fresh
To make us feel right.
- "B" is for Bathing
Each day in a tub,
Followed at once
By a brisk body rub.
- "C" is for Cough,
And its cousin the sneeze,
Cover them both
With your handkerchief, please.
- "D" is for Danger,
Whenever you choose
To drink from a cup
That other folks use.
- "E" is for Eyes—
Have good light when you read,
And print not too fine,
Or glasses you'll need.
- "F" is for Fingernails,
If they were mine
I'd scrub them and clean them
And make them look fine.
- "G" is for Grain,
Oats, barley and wheat,
These are the cereals
Children should eat.
- "H" is for Health
That is built day by day,
By the habits you form
In your work and your play.
- "I" is for Inches
You'll add to your height
By eating and sleeping
And living just right.
- "J" is for Jaws,
And a good rule to follow
Is "Chew many times
Each mouthful you swallow."
- "K" means to Kill
Every fly with a swat,
For living, they're dangerous,
Dead, they're not.

"L" is for Loose,
 As your Clothing should be,
 Leaving your arms and legs
 Perfectly free.

"M" is for Milk,
 You need to drink plenty,
 But not tea or coffee,
 Before you are twenty.

"N" is for Neatness,
 Of dress and of hair,
 At home and at school,
 And in fact, everywhere.

"O" is for Outdoors
 Where children should play,
 In sunshine and fresh air
 Each part of the day.

"P" is for Pounds,
 On the scales watch your weight,
 To see if you're gaining
 At just the right rate.

"Q" is for Question
 You didn't expect.
 Is your posture when sitting
 And walking erect?

"R" is for Rising
 Soon after the sun.
 Pray, don't lie abed
 Till the day's well begun.

"S" is for Sleep,
 Of ten hours unbroken,
 And always, of course,
 With the windows wide open.

"T" is for Teeth,
 Keep them shiny and white
 By brushing them thoroughly
 Morning and night.

"U" is for Underwear,
 Spotlessly clean,
 So change it as often
 As if it were seen.

"V" is for Vegetables,
 Spinach and peas,
 Potatoes and carrots,
 Eat plenty of these.

"W" for Water,
 And doctors all say,
 That a person should drink
 Many glasses each day.

"X" is for 'Exercise—
 Getting your share
 Of playing and running
 Out in the air.

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It is another thing to keep them down.

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2. PROOF that our underwriting is sound and that the mutual principle is sound.
3. PROOF that we have had **loyal** support in spite of determined opposition.

**We have earned your support—
May we rely on it ?**

Branch Office : 55 Esk Street, INVERCARGILL

E. S. W. THOMAS,
Manager

*"Y" is for Yawn,
For this habit 'tis said
There's only one remedy—
"Early to bed."
"Z" is for Zone
Wherein safety doth lie.
Stand quietly there
While the autos whiz by.*

— :: —

ADENOIDS.

If these are not attended to at the proper time they will cause serious defects in a child's after life. The small group of adenoids are above the tonsils behind the inside of the nose. They only require removal when diseased. The symptoms are—the children do not seem to have as much "go" in them as they should; they have a gaping mouth, narrow face and nose; snoring at night; and a dull expression. Try treatment first: fresh air, breathing exercises and a good tonic may clear them up. If the symptoms linger and become chronic the only cure is removal of the adenoids. This is a simple operation. For six months afterwards make the child practice breathing exercises to open up the nose, throat and chest.

ANAEMIA.

It is wise to consult a doctor in treating even a simple case of anaemia. Simple bloodlessness due to ill-health, poor diet, or a wrong way of living, or even to haemorrhage of one sort or another, will rapidly improve if the cause is dealt with and iron given. A variety of preparations of iron exist nowadays; your doctor will choose the one suitable for your case. Meat, chicken, spinach, indeed all green vegetables and most fruits are rich in iron.

Pernicious Anaemia, however, cannot be cured with iron. Treatment by liver extract cures this trouble. The doses may have to be continued permanently, of course, in smaller doses than at the start.

It may not be generally known that pernicious anaemia results from the inability of the body to produce a substance essential to the manufacture of new blood. Strangely enough this missing substance is to be found in liver.

APOPLEXY.

Place patient on bed or sofa, with head slightly raised; loosen clothing round neck and waist; apply hot flannels to the feet and legs; cold water applications to the head. Do not give any stimulants, emetics, or anything by the mouth.

APPENDICITIS.

Acute appendicitis has certain typical features which everyone should know about so that medical advice may be obtained immediately. Vomiting is one of these things. It comes on suddenly accompanied by pain anywhere in the abdomen. Sooner or later the pain settles down in the right side of the lower part of abdomen. The

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in the treatment of all foot ailments and weakened conditions of the foot. Their qualified chiropodists and scientifically trained assistants can do much to ensure a degree of foot comfort which has to be experienced to be believed.

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Advice Free.

pain is made worse by pressure or rolling about, both of which facts point out the difference between appendicitis and simple colic (due to errors in diet, or wind).

The vomiting, and perhaps knowing the patient is constipated may make the relatives give the sufferer salts or castor oil. *This is the worst thing that can happen*, purgatives of any sort are *highly dangerous* in true appendicitis. A hot water bottle does no harm. Rest in bed with one pillow under the head and one under the knees is safest until medical advice is obtained.

BANDAGES.

Isla Bank.

Another hint that may be of some use is to tear up old knitted singlets into strips (easily torn round and round) to make bandages, especially for feet and knees. The knitted material stretches and shapes to elbows, knees and heels better than woven materials. Old sox or stockings make good finger-stalls for same reason.

BANDAGING

General Rules.—Roll bandages tightly and evenly. Unroll a little at a time. Bandage from below upwards, and from within outwards, over the front of the limb. Apply firmly and evenly. Fix bandage securely when finished.

Every child comes into the world with the message that God has not yet despaired of man.

Children are the milestones set along the road reminding us of the distance we have gone on the journey of life.

CARE OF BABIES AND CHILDREN.

Nurse White.

Some babies suffer from a moist redness behind the ears. Zinc and starch powder applied after careful cleansing and drying acts like magic in some cases. Or the accepted area may be cleansed with warm olive oil and dried after before applying the powder.

Nurse White.

Soda Solution made by dissolving 1 teaspoon baking soda in 1 pint boiling water. Good for red or sore buttocks, heat rash or spots. To be used instead of soap and water every time baby is changed, or applied several times a day for heat rash on face or body. Often proves useful for bathing scurfy scalp. For heat rash or spots the body and bed clothes must be reduced as much as possible and only one nappy worn. Maintain free ventilation for baby always.

E. B. Orr.

Babies need a quiet life, for, during the first year, he is developing at a tremendous rate—faster than he will at any other stage of his career. Particularly is his little brain growing and drinking in impressions, and if it is to develop as it should, and if he is to escape nervous disturbances he needs to be allowed to lead a very peaceful existence. It's not always easy for a mother to provide this, but with a little planning she can usually reserve the quietest corner in the home for baby and try to take him for an airing every day. Baby should be left to his own devices the greater part of the time.

Cleanliness is one of the most important of baby's needs. Fresh air and exercise, rest, and a happy home atmosphere is essential. During the first days and weeks of life feed him regularly and he will soon learn to be a clock in himself, waking on the tick when his meals are due and falling asleep when made comfy and satisfied. At stated times during the day let him kick on your knee, or on a rug to strengthen his limbs and muscles. Fresh air costs nothing, and sunshine will bring health and happiness.

Care of Children.

To guide our children so that their bodies may be sound, their minds clear, their spirits happy, their characters generous and loyal, and their love of international peace so sincere and strong that war may disappear forever, is the countrywomen's ideal

BACKACHE (Maori).

Mrs. R. Russell.

Rub with a lotion made of three parts wood-hen oil, two parts acetic acid, one part turpentine.

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STRAWBERRY

Queen of Southland Herds,
trying to conceal her pride
as a supplier of cream for
the famous —

MURIHIKU BUTTER

“ON EVERY SOUTHLAND TABLE”

BEDMAKING

The equipment for an ordinary sickbed is—firm mattress (buttoned), three blankets, two sheets, one drawsheet, three pillows and slips, one macintosh, one bedspread, two hot water bags.

For pneumonia cases have in addition—bed rest, extra pillows, knee pillow, air ring (or soft pillow), extra blanket next patient.

Change sheets from side to side for ordinary patients, top to bottom for pneumonia and fractures.

To sponge a patient in bed it is necessary to have a large towel, a face towel, two extra bath towels, two face cloths, hot water, cold water, bucket for waste water, tooth brush and glass and dish for expectoration, methylated spirits and powder to treat back, and fresh aired clothes for the patient. Have all these things ready quietly before getting patient ready.

For the evening toilet, wash face and hands, treat back, pull out draw sheet and macintosh, shake out and remake bed.

TREATMENT OF BEDSORES.

Prevention is what a good nurse aims at. Therefore avoid wrinkles in the sheets, crumbs in the bed, etc., and rub the back twice daily with methylated spirits, dust with powder. The cure, if the skin is red, is to treat the back similar to above every four hours and change position after. Use an air ring for bottom of patient's back. If the skin breaks use white of egg, or even elastoplas is useful for slight breaks, but if a real bed sore forms, treat as a wound.

BILIOUSNESS AND TRAVEL SICKNESS.

Mrs. W. G. Clark.

Biliousness and sick headache can be cured in the beginning by taking the juice of a lemon in half a glass of cold water with a little baking soda stirred in. Drink it while it foams.

J.L.S.

For Biliousness.—Dissolve one tablespoon salt in a pint of boiling water. When cool take two tablespoonful doses before meals, morning and evening. This remedy is especially effective if constipation exists.

We invite you to inspect our range of New Season's Rubberware.

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Gore.

Mrs. R. Russell.

For Bilious attack try the juice of one lemon, half-teaspoon soda and two tablespoons of warm water.

J. McDonald.

Take daily the juice of a lemon and you will be a stranger to Biliousness.

Mrs. A. Lindsay.

For Seasickness, soda water acts as a palliative.

Miss Isabell Mitchell.

Health Hint.—When travelling in a car and you feel sick, put your bare arm out of the window. Car sickness will be cured.

Mrs. R. Russell.

Travel Sickness.—Suck barley sugar made from glucose, or take some specially prepared glucose. The dose is a teaspoonful and a little pinch of carbonate of soda in a glass of hot water, or put a spoonful in the early cup of tea and again during the day.

Mrs. Thos. Hickey.

Children who suffer from travel sickness should try this.—Take a square of brown paper the size of the child's stomach and spread it on bare skin. This has been tried with success.

Mrs. F. Fraser.

Travel Sickness.—Take one tablespoon of Glucose D in a tumbler of warm water before travelling.

BITES AND STINGS.

Mrs. Hugh Anderson.

Guaranteed Sandfly Bite Cure.—Be sure and take a bottle of the following when you go camping, or a good holiday can be spoiled. Mix together one tablespoon oil, paraffin or olive, one tablespoon Jeyes Fluid, two cups warm water. Shake the bottle and sprinkle on your skin or old clothes and stockings.

Mrs. A. W. Macdonald.

Common Insect Bites or Stings.—Bathe with an antiseptic such as hydrogen peroxide, or hot salt solution (one teaspoon salt to pint of water). Carbonate of soda is also good to apply.

Miss V. MacMillan.

For Bee Stings.—Dab on washing ammonia.

Miss B. Muirhead.

A Remedy for Poison from Bee Stings.—One teaspoon of baking soda in a cup of warm water. Sip slowly. This is a very good remedy for a person who swells badly after receiving a bee sting.

— :: —

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BOILS AND CARBUNCLES.

Mrs. G. Hamilton.

Cinnamon taken regularly is good for getting rid of Boils.

Mrs. Faithful.

A quickly made and very effective poultice for boils or carbuncles is finely grated raw carrot put on clean lint or rag, covered with oil silk and applied fresh every two hours.

Mrs. E. Silverwood.

Epsom Salts dried in oven, powdered and mixed with castor oil for boils.

Mrs. Erskine.

The white inner skin of the egg shell if applied to a boil will bring it to a head.

Miss A. Heffernan.

Boils.—Dissolve $\frac{1}{2}$ packet of Epsom Salts in one cup of water. Soak a pad of lint in it and apply to the boil. Cover with a piece of oiled silk and bandage.

Mrs. F. M. Webb.

For Boils.—Use cotton wool soaked in castor oil. This prevents the skin from cracking, and brings the boil to a head quicker.

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Mrs. F. Golightly.

A Cure for Boils.—Take some dock roots, wash and clean, put in a saucepan with sufficient water to cover. Bring to the boil then let simmer for an hour. Strain the water from the roots and drink several times a day.

Miss McMillan.

Poultice for Boils.—Crush up Epsom salts in glycerine, add a little Dettol or other disinfectant. Spread paste on lint. Cut a small hole in a piece of oiled silk, and put this over the paste. Put the hole exactly over the head of the boil and leave on for 12 hours.

Mrs. D. McNeil.

A Cure for Boils.—Melt a piece of pitch over a tumbler of cold water. This forms tiny pills which have to be taken from 2 up to 6 before meals.

Mrs. W. H. Ward.

To Cure Boils.—Take yeast made from hops, potatoes, flour and sugar. When it ferments drink the sediment with the liquid.

Mrs. W. H. Ward.

To Dress Boils.—Wash with disinfectant, then place over boil 1½ in. square of moistened boracic lint and a piece of wadding the same size on top. Next take two strips of court plaster 2½ in. to 3 in. long, warm ends, cross over wadding pressing the four ends on to the skin.

*Nor love, nor honour, wealth nor power,
Can give the heart a cheerful hour—
When health is lost.*

BREATHLESSNESS.

This is a natural condition after severe or sudden exercise. It is common after illness of any sort. Breathlessness does not necessarily mean a bad heart. It may mean this if other signs are present, viz., swelling of ankles, blueness of lips, pain on exertion. Indigestion may bring on breathlessness. A common cause is increasing weight, over indulgence in food, the taking of too much alcohol, or the over-use of tobacco. Or the trouble may lie in the breathing apparatus—adenoids, tonsils or catarrh may block the airways. Or it may be that the strength is being overtaxed by too much work, too little sleep or under-feeding in an effort to slim. Now and then it is due to nervousness from worry or anxiety. Get rid of the cause and your breathing will become normal. If severe, however, get a thorough overhaul.

BRONCHITIS.

Mrs. Forrest.

Children subject to bronchitis are often relieved by giving pure olive oil, slightly warmed; a dessertspoonful at night going to bed.

Mrs. Holden.

Apply a bran poultice (or hot water bag with damp cloth over) to the upper part of the back. It must cover from shoulder to shoulder, and be comfortably hot. Then put cold cloths over chest where pain and breath catching is felt. Keep changing cold cloths when warm and keep all going until relief is felt. Half an hour will often give relief. When heat is removed wash with hot vinegar and then rub in hot olive oil for few minutes.

BRUISES AND SPRAINS.

A bruise is different from a wound in that the blood does not escape to the outside. There may be a swelling. Treatment consists of cold compresses applied at once with plenty of cotton wool over them and bandage firmly. If the bruise is on the scalp, go on bathing until the swelling ceases or until a doctor sees it.

A sprain is an injury in the vicinity of a joint. The most common are near the ankle or wrist. Rest is a necessity. If the wrist is sprained support the hand in a large arm sling. If the ankle is sprained support the leg. Consult a trained person as soon as possible.

BURNS AND SCALDS.

E. B. Orr.

Modern Method.—Buy a tube of Tannic Acid Jelly, costing 2/-, and keep in house as emergency dressing for Burns.

M. Humphries.

Should you burn your hands on the stove, rub with methylated spirit to take away the sting.

B. R. MacGibbon.

Bathe Scalds and Burns with cold tea. There is a tannin in the tea that proves a very good cure and eases the scalds.

J. B. W. MacDonald.

A good cure to stop a burn from blistering is to sprinkle baking soda on the affected spot immediately after mishap.

Mrs. J. Drysdale.

For almost instant relief for a burn or scald, brush over the affected part with ordinary household gum. The gum forms a skin which excludes the air.

E. F. Coker.

Keep burn under cold water till thoroughly chilled and blister will not form.

Mrs. R. Russell.

Castor Oil gives great relief in cases of burns or cuts, or foreign matter in the eye.

MEN

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WIVES also remember your husband is worth good underwear.

We carry very large stocks, and can advise and supply you with the correct article.

*Special underwear for Sensitive
Skins - Dulax fine Merino*

*Never wear one weight this week,
and another weight the next.*

W. GEORGE & CO.

Correct Underwear Specialists

Post Office Corner, INVERCARGILL

Mrs. A. McIntosh.

Some raw potato grated and mixed with castor oil is a soothing paste for burns.

Mrs. W. Smith.

The great secret of successfully treating burns is to exclude the air. If possible, blebs and blisters should not be cut or opened, but threaded with surgical silk when the fluid will gradually drain away and healing soon occur. A mixture of olive oil and lime water is the best application. It should be applied freely and the part afterwards enveloped in cotton wool.

Mrs. E. Erskine.

Burns from Caustic Soda are quite common in soap making. Always keep a bottle of vinegar in the wash-house, and when splashed by caustic either in the form of lye or by the newly made soap apply vinegar freely. Dip the hands in vinegar after handling the newly made soap and all shrivelling and discomfort of the hands will disappear.

F. McLean.

Never apply ointment to burns or scalds as it will spread the sore. Keep a bottle of Picric Acid Lotion on hand and apply at once, covering with soft cloth and cotton wools. Picric Acid Lotion costs only 1/- for handy sized bottle at Chemist.

A. C. Jack.

Burns.—Moistened salt is equal to any other remedy. It will prevent blistering if applied in time.

Moana D. MacIntosh and P. McLean.

Should one receive a very bad scald or burn, take the white or whites of eggs (it all depends on the size of the burn) and place it all over the affected part, bandage up and leave for two or three days. This will prove a blessing in disguise where medical attendance is unable to be reached immediately.

E. B. Orr.

Burns are due to dry heat—Scalds to steam or hot liquids.

In serious cases of burns where large areas are affected, don't attempt to tear off clothing, cut the clothes away carefully or leave until skilled help arrives. Summon a doctor. For unbroken skin in large areas dust on boracic powder or carbonate of soda, and put on temporary dressings of clean linen. Tannic Acid or Picric Acid should be on every medicine shelf. In cases of shock, give hot tea or coffee until doctor comes. Cover patient with dry warm blankets.

Don't wet a *burn* unless with Tannic Acid.

For a *scald* drench with cold water first, then dress with Tannic Acid dressing and cover or bandage lightly.

G. E. Munro.

For Burns.—Equal parts of olive oil and lime water. No home where there are little children should be without this.

Mrs. G. Hamilton.

When preparing a baby's or a child's bath *always* put the cold water in first and there is then no danger of scalding.

M. Stewart.

Burns.—Dissolve one teaspoon of Baking Soda in a small cup of water. Soak clean white pieces of old linen in it and put on the burn. Bandage to exclude air.

Mrs. E. Silverwood.

Kerosene is a good remedy for burns. Will prevent blistering if applied immediately.

Mrs. C. Officer.

For Burns.—Mix together Vaseline and eucalyptus (fairly strong) as an ointment and apply to part. This is a good healer and gives great relief.

J. S. Taylor.

Picric Acid is poisonous if used on a burn more than once.

Health is the thing that makes you feel that NOW is the best time of the year.

ALL GOOD COOKS

USE GOOD UTENSILS

ALL WISE COOKS

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*is more refreshing and economical
than cheap blends.*

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is pure tea, the product of fresh leaves picked from selected shrubs. A popular taste.

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CATARRH, Prevention and Cures.

Mrs. T. Niven.

1 oz. fine salt, 1 oz. powdered borax, 1 oz. bicarbonate of soda.

Mix and dissolve in half-pint water. Add one teaspoonful of this solution to three of warm rain water and sniff up the nostrils. Soak handkerchiefs in water to which has been added a handful of common salt, then stir with stick and pour off water when they will be found much less unpleasant to wash.

E. B. Orr.

It is caused by a natural reaction of the body to irritation and infection of the lining of the nostrils. This causes a running nose. Sneezing and stuffiness in head follows. If germs are there also, inflammation follows causing shivering and aching of head and face. The discharge from the nose becomes yellow and sticky. When this is got rid of, it generally clears up and the nasal passages are normal again. Weak salt solution is good. Avoid dust, smoke and fog, and stale air. Deep breathing, exercise and fresh air are good. Give food rich in the necessary vitamins, for instance, milk, honey, fruit, and vegetable salads. Plenty of rest and sleep is essential. Avoid cold and damp. In chronic catarrh consult a doctor.

*The best chest protectors are worn on the soles of the feet.
Courage, Contentment and Calories are the high "C's" on
which the troubled barque of tuberculosis best rides to a
safe anchorage.*

CHEST AND LUNG TROUBLES.

Mrs. Dickson.

Boil some onions and take one breakfast cupful of the water, add a little salt and pepper. Drink a cupful of this onion water every day. Must be freshly boiled onions each day. This is good for all Chest and Lung troubles.

CHICKENPOX.

The first sign of chickenpox is generally the rash. It seems—and often does—come out in crops each day for about three crops. First the rash is a spot raised like a heat spot or flea-bite, then a blister forms. If the blister does not burst, it soon forms a scab which turns brown and dry, and doesn't drop off for a few days. When all the scabs drop off the patient is quite free from infection. The treatment consists in leaving the rash alone, just dust with a simple talc to relieve itching. Keep the child in bed. In all suspected cases of chickenpox a doctor should be notified or called in. Now and again a severe case occurs and there is always the danger it may be a case of mild smallpox.

CHILBLAINS.

Miss A. Heffernan.

Chilblains.—Dissolve one teaspoon of powdered alum in one teaspoon of water and apply to the chilblain.

Mrs. T. Nevin.

To Prevent Chilblains.—Commence fairly early in summer to take Calcium Sodium Latate Tablets, also sunbathe feet as much as possible.

To Give Relief.—Soak feet for an hour if possible, in very warm water to which has been added a handful of either alum or salt.

Mrs. W. T. Sinclair.

A Sure Cure for Chilblains.—One tablespoon of lime water in milk or water once a day in early winter for one month, or longer if necessary.

Chilblains.—Wash the affected parts with hot water, dry thoroughly then heat at the fire. Rub well with olive oil and again heat for half an hour before the fire, then cover and see that the affected parts are kept warm.

Mrs. W. H. Ward.

Sure Cure.—Saturate the stocking over affected part with kerosene. Wear an old shoe in case kerosene comes through.

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Mrs. E. McClean.

A Good Remedy for Chilblains.—Equal parts olive oil, liquid ammonia, oil of peppermint, methylated spirits. Mix together and have at hand to apply when chilblains appear.

Mrs. F. S. Sinclair.

A Cure for Chilblains.—Take blue gum leaves and boil with a fair amount of water, and when cool enough to bathe feet, do so. Do not add any more water.

Mrs. Dorothy R. Emerson.

Sure Relief for Swollen and Tender Chilblains.—At bed-time, bathe the affected foot (or hand) in warm water. Then place pads of cotton wool, lightly wrung out of dilute acetic acid or vinegar on the chilblains. Keep these in place with dry flannel, and wear this packing all night. In the morning the swelling and inflammation will be much reduced, if not entirely gone.

CHOKING.

Break an egg and give patient the white to swallow.

E. B. Orr.

If coughing be vigorous the choking person should be left alone, a glass of water being put within his reach because a gulp of cold water may dislodge the particle, and at all events stimulate coughing. The choking person should take slow deep inspirations which produce powerful coughs. Inhalations are excellent, too, for this distressing complaint.

COLDS AND SORE THROATS.

To Cure a Cold.—In the morning, gargle with salt and water, the throat (one teaspoon to a pint of water). In the evening before going to bed, mix the juice of two lemons with a dessertspoon of glycerine and a dessertspoon of honey, and add boiling water to make half a pint. Drink in bed.

R. S. Isla Bank.

An Over-night Cold Cure.—Take a lemon, wipe it carefully, for the skin is used, too, cut it into 8 pieces, cover with cold water, and boil all for twenty minutes. Drink the resulting liquid while hot and immediately go to bed. This causes the patient to perspire freely, so care must be taken not to throw off bed clothes and so contract a fresh cold.

Mrs. McDonald.

Two Aspros and a dose of Ammoniated Quinine when you feel a cold coming on.

Mrs. R. Russell.

Cold on Chest.—1lb. lard, 1/- spirits of Camphor, 1/- spirits of turpentine. Mix to an ointment and rub on chest.

Mrs. J. Macpherson.

For a cold in chest, cut two pieces of flannel to fit chest and back, sew it onto brown paper, and then soak the flannel well with oil and sprinkle with pepper. Attach the two pieces at shoulders.

H. A. McEwan.

To prevent a person becoming very ill when threatened with a cold on the chest, a piece of warm cotton wool placed over the bronchial tubes is very effective.

J. S. Caldwell.

To prevent colds, rub whole body with hot olive oil after a hot bath, particularly the soles of the feet. After a good rubbing wipe oil off carefully.

Mrs. I. Fallow.

Cold in Chest.—Mix thoroughly one cake of camphor in half a coffee bottle of methylated spirits. When mixed sprinkle a little on a piece of flannel and place on chest.

Mrs. Lokan.

Sore Throat.—The juice of a lemon mixed with beaten white of an egg and a little sugar will restore loss of voice and ease sore throat.

M. McDowell.

Kerosene is good for colds and sore throats.

E. M. Boyd.

To prevent a cold, take 3 to 5 drops of spirits of camphor every quarter hour, at first shiver or sneeze, until the impending cold is forgotten.

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Mrs. Gray.

Lemon and honey is splendid for a sore throat, or swallow a half teaspoon of sulphur three nights running.

Mrs. G. Smith.

To cure a very young baby of a cold in the head. Place the child's head well back and let drops of olive oil go down each nostril. Keep the child's head in this position for a few minutes to allow the oil to be swallowed.

Mrs. D. McRae.

How to Treat a Common Cold.—When you feel chilly and then quite hot in turns, slight headache, and some have a touch of sore throat, you say, "I am in for a cold." Well, if you are, the way to get rid of this cold is quite easy if you give your body the chance to do the job. All that is needed is to stop eating solid food—that is food you chew. Drink plenty of water. It is best hot water that helps to clean the drainage system of the body, namely, the kidneys. When the stomach is not kept busy digesting solid food the body gets busy ridding itself of waste matter which is the cause of what is known as a common cold. This cold is really Nature's washing day. Throwing out all impurities through all the natural channels of elimination, namely, the nostrils, lungs, kidneys and the bowels and skin. That is why a good sweat often happens when one is not too well. Take an enema every evening of warm water, blood heat. Just clean warm water, It cleans the bowels and relieves the heat of the body, and removes all poisonous waste which tends to keep up the temperature, which is kept up by poison in the blood. By drinking plenty of hot water you clean the whole digestive tract, and hasten the cure and appease any habitual hunger that people mistake for real hunger. The tongue, with a cold, is almost always coated with a velvet covering of yellowish cream. This proves the stomach and digestion is in a sick state, and not till that tongue cleans itself by resting will the real hunger, which is a savoury feeling of the glands working in the cheeks and tongue, come.

Real hunger of the mouth.—When returning to foods after this short rest the first thing to eat is best to be an orange, or pear, or sweet apple—just one for the first meal—and increase slowly. Eat fruit for a few days. This is a welcome change to the digestion and refreshes the bloodstream. After taking treatment in this manner, the whole system is cleansed and you feel the better for having had a cold to clean you up; you won't have another for a long while.

—::—

A few hints on what to give to a friend sick in hospital when visiting are as follows—cleansing tissues to use as handkies (saves the patients' handkerchiefs), toilet soap, talcum powder, a tiny torch (handy at nights), a bundle of fancy serviettes, bottle of eau de cologne, eversharp pencil or a pencil sharpener, half a dozen letter-cards. Other comforts will suggest themselves, such as a new light magazine, etc.

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ECONOMICAL for COOKING

COLIC OR FLATULENCE.

E. B. Orr.

Cures for Flatulence or Wind.—Pineapple (raw), or peppermint water, or carbonate of soda in a little water.

Mrs. A. H. McLean.

Flatulent Colic.—Add one drop of oil of peppermint to a half glass of hot water and drink as hot as possible. It is seldom necessary to repeat the dose as one will usually give almost immediate relief.

Mrs. R. J. Browne.

To relieve wind from around the heart, put one tablespoon turpentine into a basin of boiling water, wring a towel through this and place on affected part. Repeat as often as necessary. I have seen this method used with miraculous results.

CURES FOR CONSTIPATION, LAXATIVES, Etc.

M. Roy.

Good way to give children castor oil is to put orange juice in bottom of cup, then tablespoonful of castor oil, then more orange juice, and $\frac{1}{2}$ teaspoon baking soda on top. Given this way there is practically no taste of the oil at all.

M. Carmichael.

Fruit Medicine.— $\frac{1}{4}$ lb. dates, $\frac{1}{4}$ lb. figs, $\frac{1}{4}$ lb. prunes, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. shelled walnuts. Mix to a smooth paste with $1\frac{1}{2}$ ozs. senna powder, 3 ozs. glycerine, 2 tablespoons golden syrup. Add to twice mixed fruit. Take one teaspoon, or more if necessary. Splendid for constipation.

M. Townley.

A tablespoonful of bran taken before breakfast is an excellent laxative. It is good taken with porridge. If the bran is toasted in the oven till crisp it is more palative.

M. C. Sim.

Good for Constipation.—Put half a lemon and six seeded raisins in a cup and fill cup with hot water. Leave over-night and drink the water first thing in the morning. The same lemon will do several times, just add fresh raisins.

Isabel Craig.

Summer Health Salts.—2ozs. carbonate soda, 2oz. cream of tartar, 2ozs. tartaric acid, 5ozs. icing sugar, 2ozs. Epsom salts, a little essence lemon, 1oz. magnesia.

Method.—Drop essence of lemon on icing sugar and allow to dry; then roll quite fine and powdery with rolling pin, add the Epsom salts and soda and roll again. Then mix all ingredients thoroughly and sift twice. Keep in a closed preserving jar. A teaspoonful taken in a glass of water every morning is a cheap way of keeping in good health.

Mrs. Forrest.

Constipation is often cured by drinking half a tumbler of cold water first thing in the morning, in which eight or nine cloves have been soaked overnight.

Mrs. Forrest.

Constipation.—This is often relieved by drinking half a tumbler of cold water first thing in the morning in which eight or nine cloves have been soaked over-night.

E. B. Orr.

Constipation is acknowledged to be the direct cause of many diseases. One of the best cures is to make a habit of opening the bowels at the same time every day, preferably after breakfast. A glass of hot water with orange or lemon juice squeezed into it is very helpful. Liquid paraffin in doses of a dessert to a tablespoon is a harmless remedy for regular and prolonged use.

CONVULSIONS.

Mrs. Fairweather.

If the patient is a child, put it in a warm bath, with a cold cloth to the head. After fifteen minutes lift it out, wrap in a warm blanket and give a dose of castor oil. Send for a doctor.

E. B. Orr.

Send for a doctor. Consciousness is always lost, perhaps only for a second or two. The body becomes stiff and breathing seems to cease, then the child jerks and twitches. Insert a cork or handle of a spoon rolled in towel between jaws to prevent tongue being bitten. If the convulsions only last a second or two there is no time or need to do anything. But if the turn is longer, undress child and put into warm bath, add a spoonful of mustard to water. Give a dose of oil to child afterwards.

COUGH MIXTURES AND CURES.

Mrs. R. H. Dickie.

1 dessertspoon honey, 1 dessertspoon vinegar.

Dissolve in one cup of boiling water and take before going to bed. Gives relief for a cold.

Mrs. Shand.

For a Bronchial Cough.—Equal parts of olive oil, honey and lemon juice and a half quantity of glycerine. Mix well and take small sips.

P. M. McLean.

Good Cough Mixture.—A mixture of equal quantities of rum and olive oil shaken together like an emulsion. A tablespoonful to be taken whenever the cough is troublesome.

Mrs. Wilson.

Home Made Cough Mixture.—1 tablespoon linseed, $\frac{1}{2}$ stick thick liquorice. Boil $\frac{1}{2}$ hour, strain and when cold add 1 tablespoon brandy, 1 teaspoon paregoric, 1 tablespoon glycerine. Take 1 dessertspoonful while cough is troublesome.

Mrs. G. Cloughly.

Whooping Cough.—Mix together 1 teaspoon pure olive oil, 1 teaspoon honey and juice of 1 lemon. Beat white of 1 egg stiffly, and mix all thoroughly. This can be given freely to the youngest child and is also good for throat irritation.

Mrs Middlemiss.

If you have run out of cough cure, a little butter and sugar mixed is very soothing for a nasty cough.

Mrs. R. A. Palmer.

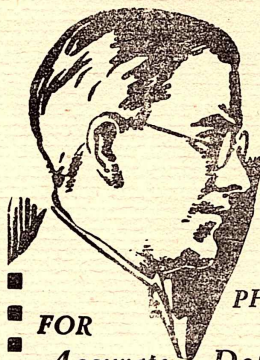
For children's bad coughs give warm olive oil morning and night.

Mrs. Faithful.

Cure for Whooping Cough.—Rub the soles of kiddies' feet with hot olive oil, and apply well bruised garlic on flannel as a poultice. Pull on old socks to keep in place. The same treatment applied to the chest is also very effective.

Mrs. Hamilton.

Cough Remedy for Children or Babies.—3 spoons olive oil, 3 spoons orange juice, 2 spoons glycerine. Mix all together and give a teaspoonful or more for cough.



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M. Roy.

Cure for an irritating night cough is a good dessertspoonful of glycerine in a half-cup of hot milk.

Mrs. G. Coker.

Cough Mixture.—Equal parts of lemon juice, cod liver oil, and honey shaken together.

Mrs. Faithful.

Simple cure for children's coughs or whooping cough: 1 large onion thinly sliced and sprinkled with raw or brown sugar and left in a moderate oven to draw off the juice. Give the juice by teaspoonful whenever the cough is troublesome.

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Mrs. G. Hamilton.

For sore throat, crush an aspro or aspirin and mix in about a tablespoon or less of honey. This can be taken at intervals during night, or in severe cases, the whole quantity slowly taken about ten minutes before a meal will make swallowing much easier.

Mrs. Thomson.

To prevent a child suffering with a cold having an attack of coughing on retiring, use two pillows instead of one for the head to rest upon and a smaller pillow against the other two for support under the shoulders. Place a covered hot water bag for the feet. The head and shoulders raised thus eases the flow of blood through the congested parts, which is often the cause of coughing fits. It is advisable to put a warm dressing jacket or pullover on the child, as in the raised position the bedclothes may slip down a little, the extra garment preventing the risk of a chill.

If the coughing starts again in the night it will generally be found that the patient has slipped from his raised position. I have known this treatment to succeed where cough mixture has failed. The position will often give relief to an adult patient, too.

M. Wilson.

Cough Cure.—1 cup honey, 1 cup good vinegar. To 1 cup boiling water add $\frac{1}{2}$ teaspoon Cayenne pepper; allow to settle then pour water into honey and vinegar and make into a liquid. Take one tablespoon when cough troublesome. A dose taken at bedtime will generally allow the patient to rest well at night.

E. B. Orr.

Baby's Cough Mixture.—An absolutely safe and reliable cough medicine for a baby, especially suitable for whooping cough, but good for any cough, is as follows:—

Mix fresh every day—1 teaspoon ipecacuanha wine, 1 teaspoon glycerine, 1 teaspoon lemon juice and give 1 teaspoon three times a day.

Mrs. F. S. Sinclair.

Cough Cure.—1 bottle Heenzo, 1 cup treacle, 1 cup honey, 1 cup boiling water. Pour over honey and treacle then stir well till melted. Then add Heenzo when water cold.

Mrs. Hillis.

Cough Cure.—2 cups honey, 1 cup vinegar, $\frac{1}{2}$ teaspoon painkiller, 6d. paregoric. Melt honey, add vinegar, painkiller and paregoric. Stir well and bottle.

Mrs. W. H. Ward.

For irritating night cough place a small bottle of cough mixture beside the bed. One can take a sip without a light, or an elder child can help itself without staining bed linen.

Mrs. P. Arnott.

Whooping Cough.—Use plenty of fresh whole pineapple in the early stage of this trouble and you will find great benefit in a short time.

CRACKING JOINTS.

The joints at the ankles and knee sometimes "crack" with movement of the limbs. This is caused by natural oil deficiency. Take moderate exercise, avoiding extremes, and massage with oil. Foment at night with hot water, and rub upward with an oil embrocation after drying. Add a mild saline to the morning glass of hot water. Take fats and olive oil as can be tolerated, with meals.

CRAMP.

Apply a flatiron or any cold substance to the soles of the bare feet. If the upper part of body is affected try the palm of the hand. Cramp in the stomach usually yields to a teaspoon of ginger stirred in half a glass of hot water in which half a teaspoon of soda has been dissolved.

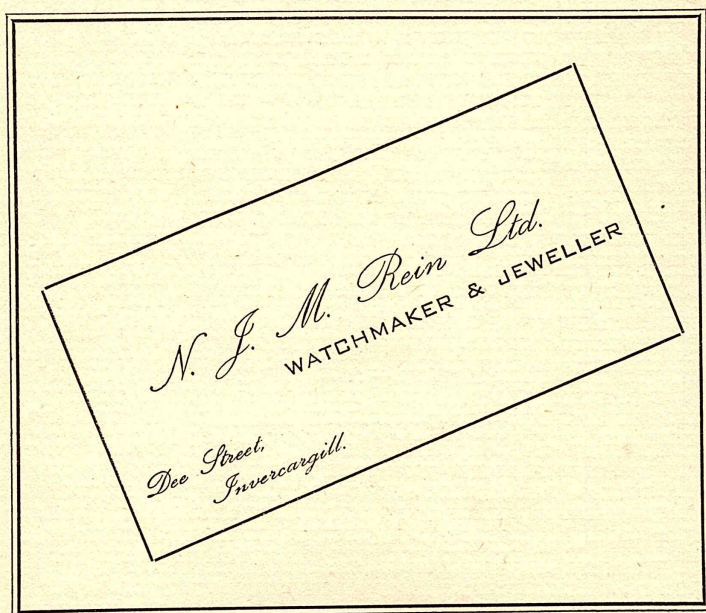
CROUP.

Mrs. Faithful.

When a small child is choking with croup a small pinch of baking soda on the back of the tongue breaks the phlegm and enables sufferer to get a breath.

Mrs. W. Neas.

Saturate a piece of flannel in turpentine and apply it to the chest and throat, and take inwardly three drops on lump of sugar.



Mrs. R. Russell.

Quick Cure for Croup.—1 dessertspoonful methylated spirit, 2 dessertspoons vinegar, 3 dessertspoons water. Dip strip of flannel in this liquid and wrap around the throat, covering with a dry strip. Relief at once.

B. Blair.

If a child shows signs of croup, give an Aspro. This will very often ward off the attack.

Mrs. F. MacKenzie.

Cure for Croup.—On the first sign of a croupy cough, which will usually be towards evening, put the child to bed and give from half to one Aspro. This will avert a turn of croup.

Mrs. F. Blackler.

Croup Remedy.—Mix together two tablespoons honey and two tablespoons vinegar, then add one tablespoon cod liver oil or olive oil. Mix thoroughly. Dose: One teaspoon at intervals.

J. I. MacKenzie.

Cure for Croup. Onion Syrup.—Cut onions into thin slices, sprinkling each slice with a layer of sugar. This will soon yield a syrup of which give a teaspoonful about every fifteen minutes until relief is obtained. I have used onion syrup for children's croup and found helpful.

Hedgehope.

A good cure for croup is onions. They are prepared as follows: Cut them into thin slices, sprinkling each slice with a layer of sugar. This will soon yield a syrup of which give a teaspoonful about every fifteen minutes until relief is obtained.

Mrs. W. H. Ward.

Mothers with young children should keep a shilling bottle of ipecacuanha wine in the medicine chest in case of a very severe attack of croup. The wine in warm water makes the child sick and frees the phlegm.

Cure for Croup.—Have a teaspoon of powdered alum. Mix it with about a teaspoon of honey or golden syrup, either will do. It has never failed.

Mrs. Ronald.

Half teaspoon kerosene in a little sugar given night and morning.

— :: —

HOW TO KEEP WELL.

- Don't sleep with windows shut.
- Don't go to bed with cold feet.
- Don't sit over a hot fire.
- Don't eat what you don't want just to save it.
- Don't try to get cool too quickly.
- Don't forget to drink cold water.

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A WORD TO WOMEN

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DEAFNESS.

Sudden deafness is worrying and annoying. As a general rule it is due to two causes, one of which will clear up naturally, the other can easily be dealt with by a doctor. The first cause is the plugging up of the narrow tube connecting the middle ear with the back of the nose and throat by a tiny piece of mucus. This dulls the hearing. Immediately the cold passes off and the small piece of mucus or phlegm is dislodged, the hearing improves. Nothing should be done for the deafness due to a cold apart from treating the cold itself. Blow the nose well, closing one nostril then the other.

The second cause is deafness caused by wax in the ears. Normally, wax is secreted in the ear to lubricate the outer surface of the drum. Excess wax creeps along the sides of the ear passage and is got rid of. Sometimes a plug of it is formed and gets jammed against the drum. Sudden deafness is the result. It is foolish and dangerous to try to dislodge the wax with a match or hairpin. You may puncture the drum by this proceeding and permanently impair hearing. The correct way to get rid of this plug of wax is by syringing, but an untrained person should never attempt this. Leave the job to your doctor. Before going to see him, drop a little warm almond oil into each ear, night and morning for a day or two (warm, not hot). Baking soda solution, one teaspoon to a tumbler of warm water, is also effective in rapidly softening the wax. Plug with cotton wool, but do not leave in for more than one day.

Deafness may, of course, be due to acute inflammation of the ear, but there is always severe pain along with this. Relieve with warm olive oil dropped into ear, and put a large pad of cotton wool or a hot flannel to side of head. The sooner a doctor is seen the better, in case the inflammation spreads. People differ very much with regard to hearing, just as much as with regard to keenness of sight. But the hearing varies from time to time, improving or getting worse for several reasons, long before the natural dulling of old age comes on.

DIARRHOEA AND DYSENTERY.

Diarrhoea.—Mix one teaspoonful of nutmeg with hot water and sugar and take every two hours if necessary.

To one wineglass Port Wine add one teaspoonful of Brandy.

Mrs. R. Russell.

Dysentery.—A piece of wattle bark and pour boiling water over it until the colour of tea; strain. For an adult two tablespoonfuls two or three times a day. For children, one dessertspoonful, and infants half teaspoonful the same number of times. One day will be quite sufficient in any case and in many instances one dose is often all that is necessary. (Infallible.)

L. L. White.

Old Remedy for Simple Diarrhoea in Older Children or Adults.—Take a few leaves of Koromiko, the kind that has smooth edges to the leaves. These may be simmered in a little water, and one or more teaspoons of the tea drank as needed, or the leaf may be chewed raw. The writer, as a schoolgirl, was cured by both methods.

E. B. Orr.

It is due to an irritant in the bowels, therefore expel the irritant by giving castor or olive oil. Find out the cause. It may be unripe fruit or something indigestible. Avoid this in future. Take no food for 24 hours. If rest and warmth are possible the attack may be gone in 24 hours. Cold water to drink, taken little and often is good. Nothing hot should be taken. After a severe attack is over give cold beef tea, cold chicken jelly and cold custard. A beaten up egg with milk can be taken.

Mrs. M. Simpson.

Take a handful of Koromiko leaves and steep or boil them in a little water till well infused. Let get cold and take a teaspoonful—will stop diarrhoea.

Get the root of flax and boil for hours; let get cold. Take teaspoonful which acts as a laxative.

DIET FOR DIABETIC PATIENTS.

Select from the following:—Soups and broths (no thickening such as flour), fish of all kinds, game, ham, bacon, tongue, poultry, butchers' meat (except liver), butter, fats, suet, dripping, eggs, cream, cheese, custard made with cream or jelly (unsweetened), gluten bread, green leaf vegetables, sprouts, cauliflower, vegetable marrow. No starch or sugar in any form; saccharine may be used for sweetening. Beverages allowed are: tea, coffee, sugar-free milk, mineral water (except lemonade).

The *forbidden* foods are sugar, honey, malt, bakers' bread (unless specially prepared), arrowroot, cornflour, macaroni, rice, tapioca, sago, vermicelli, pastry, cakes, sweet biscuits, carrots, turnips, parsnips, potatoes, beetroot, peas, beans, lentils, shell fish, liver, raisins, figs, dates, sweet fruit, currants. Avoid all sweetened drinks. Every case demands the supervision of a doctor. Occasional tests for sugar are essential.

DIPHTHERIA.

If the tonsils are red and swollen with greyish white spots about the sides and back of the throat, call a doctor in without delay. Were this always done there would be fewer cases of diphtheria left untreated for the first few critical days. Treatment must be given by an expert at a hospital, where a test will be given. It is very infectious, and no one should be exposed to infection. Especially does this apply to children under six or seven years.

For those in the city have ears scalded by sound.

*But those whose slow minds labour like ploughing teams dwell
safer in their settled enduring world.*

DISINFECTION.

Mrs. A. J. Haywood.

For a Sick-room.—Burn some lump camphor upon a shovel; wait a few minutes, then drop oil of lavender in a basin of hot water. This will both purify and perfume the air.

E. B. Orr.

After an infectious illness the bed-linen, clothes, curtains, etc., from the sick-room should be disinfected. Sunshine and frost are natural disinfectants. After notifiable diseases the room, linen, etc., is fumigated by an official sent by the Health Department.

For Minor Illness.—Steep the clothes in water to which disinfectant has been added (two tablespoons to a gallon of water). Leave for 24 hours and wash in the usual way. Boiling clothes is a method of disinfection.

Disinfectant Sheet.—Add half a pint of disinfectant to one gallon of water, wring sheet out in this and hang over door to entirely cover it. The sheet must be again wrung out in disinfectant when it begins to dry.

Disinfectants are agents capable of destroying organisms.

Antiseptics are substances which hinder the growth of organisms.

Sunshine is really an excellent antiseptic.

TABLE OF PROPORTIONATE DOSES FOR DIFFERENT AGES.

Mrs. J. Hargest.

Suppose the dose for an adult be one tablespoon; then

The dose for 12 years will be one dessertspoon (= half)

„ 4 „ „ one teaspoon (= quarter)

„ 1-2 „ „ half teaspoon (= eighth)

„ 9 mths.-1 „ „ quarter teaspoon (= sixteenth)

In the case of children under twelve the proportionate dose may be calculated by the formula—Age of Child over Age of Child plus 12. Thus a child four years old requires four over four plus 12 = four sixteenths or one quarter of an adult dose.

Above 12 and under 21 the dose lies between half and a full dose.

RECOVERY FROM DROWNING.

There may be more modern methods nowadays for recovery from drowning, but the writer has yet to hear of them. The following is the method used most successfully. Immediately on removal from the water place the patient face downwards on the ground with a folded coat under the lower part of chest, and lose no time by removing clothing. Turn the patient's face a little to one side so that the mouth and nose are not obstructed. Let the operator kneel astride of or more to one side of the patient, facing his head,

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and let him place his hands over the lower part of the patient's back one on each side (on the lowest ribs). Let him throw the weight of his body forward upon his hands so as to press the air (and water if there is any), out of the patient's lungs. Let him immediately raise his body to take the pressure off and allow the patient's chest to expand. Repeat these movements twelve or fifteen times per minute.

The other treatment for drowning is important. As soon as the patient makes efforts at breathing, these measures are stopped, but no such effort may be made for twenty minutes, an hour, or even in known cases, several hours, and still the patient may recover so that this artificial respiration should be persevered with as long as there is the slightest sign of life. Efforts must then be made to restore the feeble circulation, and, especially in cases when the body has been exposed or long in water, to regain the body warmth. The patient should be wrapped in hot blankets, with covered hot bottles to the sides and feet; the arms and legs should be rubbed energetically upwards towards the body. So soon as the power of swallowing returns, sips of hot water, teaspoons of brandy and water, or hot coffee may be administered. When the heart continues feeble, and indeed, during the performance of artificial respiration (but not in such a way as to impede the latter which is of paramount importance), hot cloths may be applied to the front of the chest over the heart. Smelling salts may be held to the nose. Finally, if the patient shows a tendency to sleep, this should be encouraged.

CLASSIFICATION OF DRUGS.

The following classification of drugs is useful knowledge—

Emetics.—Substances which produce vomiting, as in cases of poisoning; for example, mustard, salt.

Tonics.—Drugs which improve the general health.

Purgatives.—Substances which increase the quantity and frequency of discharge from bowels; for example, liquorice powder, castor oil, salts.

Aperients.—Pills which take a long time to act.

Sedatives.—Drugs which diminish the activity of the tissues and act on stomach, heart and brain.

Anaesthetics.—Drugs which temporarily destroy sensibility and may have general or local action; for example, ether and chloroform have general action, ethyl chloride has local action.

Drugs can be given by mouth, through nostrils to lungs, through the skin (subcutaneously), through the muscle (intramuscularly), through a vein (intravenously), and may be applied externally.

EARACHE.

To warm oil to put into a patient's ear, never warm the oil by holding the spoon over a flame. Instead, place spoon in very hot water, dry the spoon and put oil into it. This will heat oil sufficiently.

Mrs. Bartlett.

A cloth wrung out in cold water and applied to the back of the ear affected and the back of the neck will often give relief when heat fails. I have found it never failing with children, but cloth must be wrung out tightly.

E. B. Orr.

Warmth nearly always relieves earache. apply by a hot flannel to the side of head or a covered hot water bottle. A little almond oil warmed, not heated (in hot water), and poured into ear, is soothing. If pain lasts for hours, and recurs frequently, call a doctor in. Earache in small children is sometimes caused by teething, and frequent attacks often mean the presence of adenoids. In an adult it may indicate an abscess at the root of a tooth, or a buried wisdom tooth.

Mrs. J. S. McDonald.

Saturate a piece cotton wool in warm oil and drop a pinch of cayenne pepper on it. Fold it into centre of wool and apply to cavity of ear warm. Always gives relief.

M. McDowell.

Soak a piece of cotton wool in warm oil and sprinkle a small quantity of cayenne pepper on it. Roll up cotton wool into a small ball and put in ear while warm.

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ECZEMA.

Some doctors say that one half of all skin diseases are eczema. It is not exactly a disease by itself, but is really a symptom denoting the reaction of the skin to various forms of irritation. It frequently occurs in persons in apparent good health, and may, in such cases, be a recurring affection during a whole lifetime. The treatment is soothing lotions where there is irritation. When the irritation subsides, zinc ointment is effective. There are lots of causes. When the cause is found out and removed, a complete cure is often effected. That irritating rash, known as milkmaid's eczema, is not contagious, but it often makes life a burden to women who milk cows. Ointments relieve this complaint, but do not cure it as long as the hands are allowed to come in contact with milk. One lady found that coating her hands and the cows teats (before commencing to milk) with odourless, tasteless petroleum jelly completely cured the trouble. Keep your hands out of dish water, etc., and continue with the application of zinc ointment between milkings until quite healed. You would have to continue using the petroleum jelly every time you milked.

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Apply the liniment of Good Advice with the foment of Good Humour. Open the pores with the one and then rub in the other.

EMBROCATIONS AND LINIMENTS.

Mrs. W. H. Ward and E. J. S.

Camphorated Oil.—Two cups olive oil; heat so that it will dissolve two ounces camphor. Put into bottles, cork tightly and label. Rub into chest or throat.

Mrs. Wilson.

Lipiment for Sore Throat or Any Chest Troubles.—Equal parts kerosene and olive oil, three cakes of camphor, and small bottle eucalyptus. Put all into lemonade bottle and shake well. Rub on affected part. A sure cure for Pneumonia.

Mrs. I. C. Lindsay.

Stiffness after long standing, walking, or riding, will disappear quickly if limbs are well rubbed with the following mixture. White of one fresh egg beaten into four tablespoons vinegar and two tablespoons of turpentine. Shake well together in bottle before using.

Mrs. R. A. Riddle.

A very good embrocation is made up of equal quantities of vinegar, white of egg and turpentine. Place in a bottle and shake till it turns white and thick.

H. Whyte.

Equal parts of eucalyptus and olive oil rubbed freely over the chest and under the arm pits will relieve a stubborn cough in a very short time.

Linament.—One dessertspoon flour, one dessertspoon honey, enough milk to make a paste, five drops of turpentine.

Mrs. Hawke.

White Linament.—One raw egg well beaten up, $\frac{1}{2}$ -pint vinegar, 1oz. spirits of turpentine, $\frac{1}{4}$ -glass wine, $\frac{1}{4}$ oz. camphor. Mix all ingredients, put in bottle and shake for 10 minutes.

Linaments and Embrocations well rubbed in, relieve pain in sprains, bruises, chilblains (unbroken), and rheumatic pains.

Mrs. Lokan.

Lemon Liniment.—Take one ounce oil of lemon, one ounce strong vinegar, two ounces rose water, three ounces turpentine and one egg yolk. These must be well beaten and mixed well together. Always shake before using. When using, rub on the stomach, chest, back or throat for pneumonia, asthma or sprains.

Open the eyes of the world with beauty's searing touch.

CARE OF THE EYES.

Mrs. H. Erskine.

Castor oil dropped into eye will remove foreign matter from the eye.

E. Mitchell.

Health Hint.—If you get anything in your eye, close tight for a minute, the tear works the insect to the corner and is then easily removed.

For a foreign body in the eye, a drop of castor oil gives instant relief. Use an eye dropper if one is available.

Mrs. Gray (Doctor's Prescription).

For Bathing Sore Eyes.— $\frac{1}{4}$ teaspoon baking soda, $\frac{1}{4}$ teaspoon borax, $\frac{1}{4}$ teaspoon sugar in a cup of boiled water. Use warm using an eyeglass.

Mrs. A. H. McLean.

Sty on Eyelid.—On first appearance of it, put two teaspoons of black tea in a small bag, moisten it with hot water, bind it on the eye while warm, and retain it there overnight. Repeat if necessary.

Inflamed Eyes.—Use white of egg beaten to a froth, and add to it a tablespoon of rosewater. Apply with pieces of cotton wool to eyes.

Mrs. G. Hamilton.

A teaspoon of salt dissolved in a cup of boiling water and allowed to cool is an excellent eye wash for tired or sore eyes.

E. B. Orr.

Every home should have in its medicine cupboard an eyebath. They only cost 6d. at a chain store. Bathe the eyes regularly with a very weak solution of salt and water (a pinch of salt is enough). If dust gets into the eye use boracic lotion (weak) to wash it out. A little oil (casor, olive or almond oil) dabbed into the eye with a clean piece of cotton wool, gauze or linen will heal and soothe the eye, if a spark of fire should get in. If a large soft object such as a fly gets in, never use a hard object such as a match to get it out; bathe with cold water using a piece of cotton wool. If the object sticks tightly to the eyes then it's a doctor's job. If lime or acid gets in the eye, copious washing under a tap or plunging the head in a basin of water is the best treatment. Then drop castor oil or liquid paraffin in the eye.

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118 Spey Street,

INVERCARGILL.

FAINTNESS AND GIDDINESS

Mrs. J. A. Young.

Prevent Fainting.—To prevent person from fainting push head down level with knees.

E. B. Orr.

When Somebody Faints.—Most important to remember—fresh air is essential. Don't crowd round the person. Lay the person flat on back. Throw cold water on face, loosen clothing and apply smelling salts or a little ammonia on a cloth to the nostrils.

E. B. Orr.

Although a dizzy feeling can be very alarming, yet in most cases there is a simple explanation. A person who has done hard work for a long time without food and sleep may feel the room swimming round as she sits on a chair. Eyestrain causes giddy attacks; so does sudden and abrupt movement. A giddy attack on rising out of bed in the morning may be due to too heavy a meal the night before. The cures are obvious. Have an examination of the eyes for eyestrain, avoid sudden and abrupt movement, opening medicine and a day of semi-starvation are indicated in the case of a heavy meal the night before.

While the attack is on, lie down in a darkened room which is cool and well ventilated, keeping the head cool and the feet warm.

CARE OF THE FEET.

The surest way to give a man cold feet is to keep him constantly in hot water.

E. B. Orr.

Square toe-nails in cutting and don't allow to project beyond ends of toes.

E. B. Orr.

Keep feet warm; many an attack of indigestion and colic is the result of cold feet. Sometimes you get cold feet sitting for a long time. Get up and stamp about or skip, or do heel raising knee bending exercises. Those who have to sit about at work should wear woollen stockings in winter and thicker shoes. Try a brisk walk before bedtime. Vigorous massage of legs in upward direction also good.

Mrs. H. Cooper.

Cure for Bunions or Corns.—Mix some whiting to a paste with vinegar. Apply to bunions at night and bandage.

Sarah A. Calvert.

Health Hint.—That castor oil rubbed once daily on Corns will ease the ache and in about two months time will effect a cure.

Blistered Heels.—Try melting a tallow candle into back of shoe, rub smooth with finger. When cool put on shoe and you will find any roughness gone.

Broken Skin on Heels.—Dress with Elastoplas, then put shoe on carefully.

Mrs. J. A. Young.

To Cure Corns.—Apply acetic acid twice a day on corns. On no account let acid come in contact with skin between toes.

Perspiring Feet.—To prevent the unpleasantness of perspiring feet place oatmeal or bran in the socks.

Tired and Aching Feet.—Bathe the feet in hot water into which a tablespoon of carbonate of soda has been dissolved. Dry thoroughly, then massage the feet with olive oil and methylated spirits (equal parts).

Tender Feet.—Sponge with strong solution of powdered alum and water.

Mrs. Lokan.

For Swollen or Aching Feet.—Bathing in vinegar relieves them greatly.

Witch-hazel is good. Use one or two teaspoonfuls of camphor to four ounces of witch-hazel. After bathing, rub the feet well with this solution. It is very soothing as well as healing.

Olive oil is very good for the feet. Rub thoroughly after bathing.

For Bunions.—Paint with a mixture of iodine (two drams), carbolic acid (two drams), mixed with glycerine is very good.

Mrs. Lokan.

Callouses or Corns.—For painful callouses or corns, place several layers of adhesive plaster in a kind of cushion over the corn. This relieves them greatly.

Miss V. McMillan.

For Feet with Strong Perspiration.—Dissolve camphor in methylated spirits and rub in.

SCARLET FEVER.

This fever comes on rather suddenly. The patient has a headache, is sick, and has a sore throat. The temperature rises, and the tongue is white and like a strawberry in texture. Next day the rash appears bright red, and, unlike the measles, rash does not attack the face much. It is not raised or blotchy like measles. You must notify the authorities, who may allow the case to be nursed at home provided isolation and careful nursing is possible. If any complication arises the patient is better in hospital. The doctor will advise the treatment. The high temperature and rapid pulse only last a few days, when the rash should be completely gone; but keep the patient in bed for a fortnight. If there are no complications all infection is gone in four weeks.

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for health of body and mind.*

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with your next pig.

The tasty bacon

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TREATMENT OF FEVER AND REDUCTION OF TEMPERATURE.

Mrs. A. Mathieson.

One teaspoonful of glycerine, and a hot drink to follow will reduce fever. Can be given to babies.

Mrs. Faithful.

If child is feverish, give an enema of plain warm water. Bathe head, face and limbs with tepid water to reduce temperature caused by stomach upset or constipation.

Mrs. S. J. Henderson.

People with high temperatures must not be given eggs, custards, or meats of any kind. Lemons should be used greatly as they have a cooling action.

People often worry over temperatures. The following is taken from a reliable first aid book.

"Degrees of fever have been recognised as follows:

Temperature under 101 degrees F. is called a slight fever.

Temperature under 103 degrees F. is called a moderate fever.

Temperature under 105 degrees F. is called a high fever."

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E. B. Orr.

Signs and Symptoms of Fever.—Coated tongue, loss of appetite, headache, aching of limbs and back, vomiting, constipation, or diarrhoea, sleeplessness. Sometimes an attack of shivering is associated with a rise of temperature.

Treatment.—Give cool fluids only; sponge patient; give aperients (saline), have plenty of ventilation without draughts. if shivering, give hot bottles, cover with warm blankets, also hot drinks and watch the pulse. Send for doctor if pulse feeble and thready.

SOME PRACTICAL SUGGESTIONS FOR FIRST AID AND HOME NURSING IN EMERGENCY WORK.

From Miss Stubbs, Park Hospital.

Changing of Bed Linen.

Remove all upper bed clothes excepting one blanket next the patient. To change the undersheet, remove pillows, patient to be gently turned on his side to about the middle of the bed. The soiled sheet being folded close to the back, clean sheet, half rolled, is placed against the soiled one, the unrolled half laid smoothly on the bed and tucked in. Turn the patient on to the clean sheet and remove soiled one from the opposite side. Unroll remaining half of clean sheet and tuck in firmly. When not possible to turn a patient on his side, the undersheet may be changed in a similar manner from head to foot.

Prevention of Bed Sores.

Cleanliness, smooth linen and skin hardened by rubbing with methylated spirits. Change of position.

Sprains.

Commonly occurring in joints such as ankle or wrist. Hot or cold applications allay pain. Bandage with moderate pressure will prevent excessive swelling.

Accidental Haemorrhage from Wounds.

Pressure. Firm pad over bleeding point and firm bandage usually sufficient.

Epilepsy.

Patient quickly placed in a safe position; clothes loosened about neck and body. Prevent tongue from being bitten by placing some blunt article between teeth.

First Aid in Fractures.

A person with a fracture, especially of the lower extremity, should be kept still until help arrives, when some form of an extemporised splint should be used to prevent movement of broken ends and the possibility of a simple fracture becoming a compound one. A stick or thin firm board tied to the leg, and the injured and sound leg tied together. Move very gently and nurse on a firm mattress.

Shock Following Accident.

Patient to be well covered and packed with well-protected hot water bags. Pillow under head. Give hot drinks. Stimulant in small quantities.

Burns.

Application of Tanifax or oil. Soft dressing and bandage. Blisters snipped, fluid mopped up with cotton wool. In severe cases patient must be treated for shock.

Pleurisy.

Application of Kalipoult to painful area, heated and applied to skin. May be left on for 24 hours.

Boils.

Elastoplast. A small square applied to the affected part is very satisfactory.

To be Noted During Course of Illness.

1. Temperature and Pulse.
2. Action of Bowels.
3. Quantity of Urine Passed.
4. Hours of Sleep.
5. Vomiting, Rigors, Shivering Attacks.
6. Diet. Amount Taken.
7. Medicines Ordered. Effect noticed.

Necessity of Giving Copious Fluids During Illness.

In giving *hot water bottles* to unconscious or paralysed patients, great care must be taken in completely covering with flannel or other woollen covers, and placing outside of blanket.

Lifting or Moving Helpless Patients.

In bed or changing position, should be done by two people, or if alone by means of a draw sheet, carefully straightened after movement.

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Small Roll Gauze.	Boracic Powder.
Narrow, Medium and Wide Bandages.	Tannic Acid Jelly.
Boracic Lint.	Eye Bath.
Oiled Silk.	Safety Pins.
Olive Oil.	Scissors.
Thermometer.	Elastoplas.
Kalipoult.	Cotton Wool.
Clean Sterilised Dressings.	Dettol.
Peroxide.	Vaseline.
Zinc Ointment.	Boracic Ointment.
	Strapping or Adhesive Plaster
Put in wooden box, paint white and put red cross on.	

FLAT FOOT.

Flat foot, especially in young people, often only requires exercises. Increase the exercises slowly and cautiously, but do them regularly. The following exercises strengthen the muscles and support the arches of the feet.

1. Sitting on the bed in the morning and in the evening with the legs extended, turn the feet smartly inwards attempting to make the soles face each other. Do this six times and increase number gradually. Never exert the foot, that is, turn the sole outwards. It is very harmful and stretches the muscles on inner side of foot and leg.

2. Sitting in same position bend the feet up until they are at right angles to the legs; now extend and point the toes with the feet turned slightly inwards. Do this six times and increase gradually.

3. Roll the ankle round from without inwards, trying to describe as big a circle as possible with the big toe. Imagine you are holding a pencil between the toes and are drawing a circle on a piece of paper. Repeat the same exercises rolling feet outwards three times.

4. Draw down the toes as though you were about to close the foot as you would a fist. Keeping the toes clawed, point the foot forward, strongly resisting as long as possible the tendency to straighten the toes. Do this six times.

5. Getting off the bed, stand up, put the toes together, separate the heels well, and thus, as pigeon-toed as possible, rise on the toes. Repeat six times.

6. Walk round the room twice on the outer edges of the feet, with toes curled in and under. Don't walk naturally on bare feet—it is essential to walk on the outer edges of the feet.

Never walk in sandshoes or bare feet on the sand any more than possible. Though the cold sea water is strengthening to the feet, walking on the sands barefooted for any distance undoes the good of the exercises.

It isn't how old or young you are that counts, it is how old or young you feel.

FOMENTATIONS.

Hot fomentations are made as follows. Get a piece of flannel, fold in four thicknesses and sufficiently large to cover the affected part, a piece of macintosh, jaconet or oiled silk large enough to project over the flannel on every side, a thick layer of cotton wool and a binder, preferably of flannel. A supply of boiling water and a course towel in which to wring the fomentation, and a basin are also required. The patient is first of all prepared and the part to which fomentations are to be applied exposed. The basin is placed by the bedside, the flannel folded in the wringing towel with the ends of the towel projecting over the basin; boiling water poured over the centre where flannel is and wrung out tightly by the ends of wringer. Shake flannel and apply.

When a doctor orders turpentine stupes these are made in the same way as hot fomentations with the addition of turpentine sprinkled on the flannel before the boiling water is poured on.

Dry fomentations are really hot flannels toasted at the fire or a bag of salt or bran warmed in a similar manner. Water dressings are a type of fomentation. Lint dipped in boracic lotion, applied to the part and covered completely with oiled silk, useful for cleaning up septic fingers which have been drained, etc.

FRACTURES.

Fractures should always be attended to by a skilled person, but it is useful to know what to do to ease the patient until that skilled attention can be obtained, and what not to do.

A simple fracture is the commonest variety, where the bone is broken, but in which there is no wound leading from the fracture through the skin. In compound fractures the skin is injured so that a wound lets in the outer air to the fracture. Sometimes the bone protrudes from the wound. This type of fracture is much more serious and the bleeding is apt to be greater.

For temporary treatment the splints, etc., may be applied above the clothes, and little padding necessary. But for a compound fracture the limb must be exposed and the wound dressed. The splints must be carefully padded and bound above and below the injury. Keep the limb quite flat and move as little as possible. It may be useful to say that broom handles, rifles, or any rigid article makes a temporary splint. Folded up newspapers help with padding.

For a collar-bone splints are useless. A pad of cloth or wool the size of the fist is placed high up in the armpit and the elbow bent so that the arm lies across the chest. An unfolded triangular bandage is then placed on the chest with one end over the sound shoulder, the base running down over the elbow of the injured arm and the point of the bandage lying on the front of the chest. The other end which is hanging down, is brought up behind the elbow of the injured arm, carried up across the back, and tied as tightly as possible to the first-mentioned end behind the neck. The point of the bandage hanging loose beneath the wrist is folded up round the wrist and pinned to the bandage above it. Finally, a triangular bandage, folded narrow, is carried round the chest and elbow of the injured arm and tied tightly, thus levering the shoulder outwards round the pad in the armpit.

GALLSTONES.

Mrs. Ward.

Juice of one lemon; 1 teaspoon glycerine; $\frac{1}{2}$ teaspoon baking soda in half a glass cold water before going to bed.

E. B. Orr.

Excessive pain caused by gallstones can be relieved by hot fomentations applied one after the other as quickly as possible. Avoid alcohol, fats and rich foods, seasoned dishes and sugar. Between attacks eat dairy and vegetable products, white fish, whole-meal bread and fruit. Drink water freely. Moderate outdoor exercise is recommended.

Gallstone Cure.—One packet salts at night. Next morning half cup olive oil and juice of four lemons in the oil. At night lie on right side all night. One packet salts in morning. Drink plenty of hot water; look for stones next morning. Light diet, milk and water for two days.

GARGLES AND SORE THROATS.

Mrs. Erskine.

Sore Throat.—Put cold water cloth around throat and cover completely (tucking end in) with a flannel cloth or towel.

Mrs. G. Hamilton.

To clear the throat for singers or speakers, mix a teaspoon of salt in a teaspoon of honey and thoroughly work round throat with tongue before swallowing.

Mrs. Gray. (Remedy from Herbalist).

For Sore Throat.—Pour $\frac{1}{2}$ -pint of hot malt vinegar over 1oz. sage (procured at herbalist). Add $\frac{1}{2}$ -pint cold water. Dose: Two tablespoonfuls frequently, and use also as a gargle.

Mrs. G. Hamilton.

Camphor ice will often heal obstinate cracks at side of mouth. Splendid for hands, too.

Mrs. G. Hamilton.

Mouth Wash (for Sore Throat, etc.).—1 teaspoon glycerine, $\frac{1}{2}$ teaspoon borax. Dissolve in one cup of warm water. Use as gargle or mouth wash.

D. Parker.

Sore Throat Cure.—Pure glycerine is very good for children suffering from sore throats.

Miss J. McDonald.

For Sore Throat, bake a lemon in the oven and then squeeze juice out into some honey, and sip this.

Aspros make a good gargle for a sore throat. Put in water.

Mrs. D. Brown.

A few grains of Epsom salts dissolved on the back of the tongue is good for a sore throat.

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Mrs. P. Adamson.

For a Sore Throat.—Apply a poultice of antiphlogistine.

Mrs. E. M. Collinson.

A good gargle for a sore throat is three drops of iodine in a glass of warm water.

Mrs. Faithful.

The stiffly beaten white of egg with lemon juice added relieves sore throats.

M. Murphy.

For sore throats lemon juice is unsurpassed. Use it as a gargle and swallow a small portion of it while gargling.

For Sore Throat.—The juice of a lemon mixed with beaten white of an egg and a little sugar will restore the loss of voice.

Mrs. F. Brown.

Sore Throat.—A thin slice of fat bacon placed on throat and held in position with a piece of old silk.

Mrs. Sanderson.

Sore Throat.—Soak slice toast in vinegar; put inside cloth and put on as a poultice at night. Apply warm.

E. Lawrence.

Equal parts of lemon juice and honey will relieve a sore throat.

Mrs. Lokan.

Sore Throat Cure.—When you feel a sore throat coming, put one aspirin in the mouth and suck and swallow. Every two hours until relieved. Keep indoors from cold air and draughts.

Mrs. A. Browne.

Cure for Sore Throat.—Take half teaspoon of baking soda and dissolve it in half cupful warm water, and gargle two or three times a day. It nearly always brings relief and is quite harmless.

M. Beggs.

Gargle For Colds.—To gargle with kerosene is a good prevention of colds and influenza.

When your voice goes, due to a cold or strained throat, gargle with pure lemon juice as follows. Gargle, do not swallow, bring juice back to mouth, gargle again, and repeat process then spit out remaining juice.

Mrs. Lokan.

Sore Throats.—Lemon juice and salt used as a gargle will cure ordinary sore throats in a very short time.

Listerine makes a good gargle for the throat.

Vinegar, sugar, and butter, make a gargle by boiling together. One half cup of vinegar, enough sugar to make a syrup. To this add two tablespoons butter. This makes a splendid gargle for sore throats or hoarseness.

Baking Soda and Salt Gargle.—To one cup of luke warm water, add half teaspoonful of baking soda and half teaspoonful of salt. Use warm.

Pineapples.—Fresh, cooked, or canned pineapples are good for sore throat.

Steam From Vinegar.—Wring a cloth out of vinegar and place over hot iron. Inhale the steam through the mouth. If the vinegar is very strong it may be diluted with a little water.

Kerosene.—Saturate a piece of flannel cloth with kerosene and place about the throat. Care should be taken as this may blister the skin.

Menthol Oil.—A mild menthol oil used occasionally is good to spray the nose and throat.

Peroxide of hydrogen makes a good gargle for sore throats. To one part of the peroxide add four parts of water. This may be used frequently.

GASTRITIS AND DIETETIC TREATMENT.

Unsuitable foods arrest the flow of gastric juice, digestion is stopped and the lining of stomach more or less inflamed. An acute attack requires medical attention, and a milk food diet for several days. The following articles of diet are forbidden:—all fats, pork, smoked and salted meats, salmon, crab, etc., bacon and ham, all fried dishes, porridge, brown bread, pastry, uncooked fruit, all fruit skins or fruit containing seeds, nuts, raw vegetables, salads, pickles, sauces, pepper, cheese, wine and liquors, strong tea, ice cream and iced drinks, soup.

Food allowed:—Toasted white bread, boiled white fish, cocoa, coffee, mutton without fat, mashed potatoes, milk pudding, soda-water, cooked tender green vegetables (once a day), baked custard, stewed fruit without cream. As an improvement is noted, other foods which agree may be included in the diet.

*Talk Health. The dreary never-ending tale
Of mortal maladies is worn and stale.
You cannot charm, or interest, or please,
By harping on that minor chord—disease.*

GENERAL HEALTH.

Mrs. R. A. Palmer.

If you suffer with cold feet in bed try wearing bed socks. This is much better than a hot water bag.

A Good Health Hint.—A fair amount of sleep, regular hours, plenty of exercise (including work) and good plain food, brown bread, etc. Plenty of good sound ripe fruit, eaten raw, and raw green vegetables, as well as root vegetables, etc., cooked, preferably steamed or baked.

Mrs. Wrigglesworth.

A glass of cold water taken half an hour before breakfast is an excellent thing for keeping the system in good order. Some prefer hot water. This can be sipped slowly while dressing.

Z. Clarke.

Deep breathing, correct posture, thorough mastication of food, and an equable temperament are chief factors in the maintenance of good health.

Mrs. John Ryan.

*Out—into your garden go,
Vegetables and flowers to grow;
Dig and dig, fork, rake, and hoe.
Then the seeds 'tis time to sow.
Mrs. Smith will come to call,
Take her out to see your show.*

E. B. Orr.

Mental and Physical Fitness.—The most important law of health is that of rhythm. Life goes with a swing and a regular rise and fall. The rise and fall of breathing, the beat of the pulse, the temperature which rises and falls when we are active or at rest. Those who want to keep fit must be regular in habits. Regular hours of sleep, regular meals, regular work, regular exercise and regular recreation. Be as natural in your ways of life as possible. Have fresh foods, abundance of fresh air, and as much sunshine as can be got. Mental fitness is just as important. Therefore, be happy and contented as far as possible, and read what other people are doing in other parts of the world so that your whole outlook on life will be broadened. This keeps us from being self-centred and inclined to worry. Remember the physical ill-effect of gloom—it is worth making an effort to be cheery. Be cheery—and well.

*By common consent grey hairs are a crown of glory; the only
object of respect that can never excite envy.*

CARE OF THE HAIR.

E. B. Orr.

Care of the Hair to Keep it Healthy.—Wash regularly, once a week in town, once a fortnight in country. Brush frequently, as brushing stimulates the flow of natural oil in the scalp and helps to get rid of dust. Keep brushes and combs scrupulously clean. Don't leave any soap in the hair when washing it; rinse several times. Dry with a rough clean towel or by a current of hot air. Sitting by a fire scorches the hair.

A Good Hair Wash.—To cleanse the scalp effectively put two even teaspoons of borax into a teacup of warm water, then wet the whole scalp with warm water, hold the face over a basin, keep eyes shut, dip the ends of your fingers into the borax water, and rub well into the scalp. After it is well lathered wash with warm water, dry with towel and do not comb hair until dry.

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Mrs. T. S. Smith.

For Dandruff.—Five parts of olive oil to one of kerosene, and massage into scalp with tips of fingers.

Mrs. G. Hamilton.

For the Scalp.—Sulphur rubbed into the scalp the night before washing the hair. It can be applied frequently and just brushed out. It is very good for the hair and is quite harmless.

M. Saunders.

Egg Juleps for Washing Hair.—Beat up two eggs lightly. Have ready two ounces of white Castile soap quite dissolved in one pint boiling water, and beat into eggs whilst boiling. Keep in screw top jars.

Fixing Lotion for Hair.—Whip up egg white till light and fluffy and add slowly one teacup boiling water in which two teaspoons sugar are dissolved.

Mrs. Lokan.

Tonic for Falling Hair.—Massage and brush the scalp well to remove all dandruff, then apply the following: $\frac{1}{2}$ oz. cantharides, $\frac{1}{2}$ oz. cologne, 2oz. witch-hazel, 8oz. rosewater. Separate the hair into parts and apply this mixture to the scalp with a tooth brush, then massage in order to loosen the scalp. Cantharides is a powerful stimulant and should not be used on an oily scalp.

For hair that is too dry, castor oil applied to the scalp with a medicine dropper, or with the finger tips will be found effective. Divide the hair in strands and rub the oil into the scalp. Try to keep the oil from the hair as much as possible. To give dead looking hair lustre, use Brilliantine. Put a few drops in the palm of the hand and rub on the brush, then brush the hair thoroughly. This gives it the gloss of healthy hair.

Dandruff Mixture.—1 pint Bay Rum, 4oz. Glycerine, 1oz. Chloral Hydrate. Mix well and rub on the head.

CARE OF HANDS.

Mrs. G. Hamilton.

Liquid Court Plaster will cure cracks on finger points. Fill cracks with plaster and allow to dry. Is invisible and water proof.

A. Marshall.

If you cut your finger in the kitchen, dust pepper on the cut.

Mrs. R. Russell.

Hand Lotion.—1 tablespoon (level) starch, 3 tablespoons water, 5 tablespoons glycerine. Mix in saucepan and boil till clear. Add a few drops perfume.

Mrs. F. S. Sinclair.

Care of the Hands.—Two parts of methylated spirits to one of glycerine. mix together and rub on hands. Hands which are stained if rubbed with tartaric acid will remove stain.

E. B. Orr.

Care of Nails for Health.—Keep short and clean to be free from germs.

Keep edges of nails smooth. Press back cuticle with orange stick.

Round finger nails in cutting.

Mrs. John Calvert.

Chapped Hands.—To prevent chapped hands, rub them with the following solution: Take equal quantities of glycerine and methylated spirit and mix well together. Then add a little lavender water or any favourite perfume.

Mrs. J. S. Lamont.

Cracked Thumbs and Fingers.—Sterilize a small jar of vaseline and when cold work in one teaspoon boracic powder. Keep this handy at the sink and after drying the hands rub a little over the knuckles and into the cracks. If the cracks are very bad, rub the ointment well in and bind with a piece of soft linen before bedtime. This is excellent.

One of the strangest twists of life is the way we marvel at man's wickedness, and take as a matter of course his goodness.

HAEMORRHAGE.

Nose Bleeding.—An effervescing drink will often stop a persistent bleeding nose.

Miss Jessie MacDonald.

To stop nose from bleeding, place feet in basin of hot water, as it draws blood from the head. Proved and found very good.

Mrs A. Tomlinson.

Bleeding from the Nose.—This is often difficult to stop and might require medical attention, but if not too late, set the patient in a chair outside or near an open window, with head slightly thrown back. The arms should be raised. Undo all tight clothing, apply a sponge dipped in cold water over the nose and at the back of neck. Get the patient to breathe through the mouth and place the feet in hot water.

E. B. Orr.

Treatment of Haemorrhage from Special Areas. Tongue.—Ice to suck, pressure with fingers.

Nose.—Keep quiet; don't blow nose; loosen collar; apply cold cloths to back of neck. If not successful, plug nostrils with lint or cotton wool (damp).

Face or Scalp.—Direct pressure with fingers and bandage pad on wound. If severe, pressure on artery.

Neck.—Pressure on artery (carotid).

Armpit or Shoulder.—Pressure on artery (subclavian).

Forearm.—Pressure by fingers on artery (brachial), or tourniquet on forced flexion at elbow.

Hand.—Elevation and direct pressure with pad and bandage; flex elbow.

Thigh.—Pressure on artery at groin (femoral). Tourniquet if low down.

Leg.—Tourniquet to thigh, or forced flexion at knee.

Foot.—Direct pressure and elevation. If severe, forced flexion at knee, or pressure on artery (tibial).

Internal Haemorrhage.—Send for the doctor. Keep patient flat and as quiet as possible. No stimulants on any account. Icebags or cold compresses to chest or stomach according to origin of bleeding. If in doubt, apply to both and cover with towels then blanket. Keep patient's feet warm, head cool; give ice to suck; watch pulse.

HEADACHES.

Mrs. Lindsay.

For sick headache a slice of lemon rubbed on forehead will give instant relief, and another good cure is a towel wrung out of very hot water applied to back of neck.

Mrs. F. McKenzie.

If suffering from a bad headache, lie down with a cloth wrung out of cold water and vinegar on the forehead, and a hot water bag on the nape of the neck.

V. Chisholm.

A Simple and Most Effective Cure for a Violent Headache.—Take an Aspro and get into bed with hot water bag at feet. Also have hot water bag (or else a cloth wrung out in hot water) and place at nape of neck. Then put a cloth rung out in cold water and place on forehead. In a few minutes all pain will probably have vanished.

E. B. Orr.

Do not resort to a temporary cure for headache. Find the cause. Some people get one when hungry, some as a result of over-eating. A tired brain will cause a headache, or a badly ventilated bedroom. constipation causes a headache right on the top of the scalp. If the pain is about the brow or root of the nose, nasal catarrh may be responsible. Need of glasses often results in a dull pain at the nape of the neck. An evening headache is often just ordinary tiredness. When you know exactly where a headache is you can discover and remove its cause.

*Health is the second blessing that we mortals are
capable of: a blessing money cannot buy.*

—Izaak Walton.

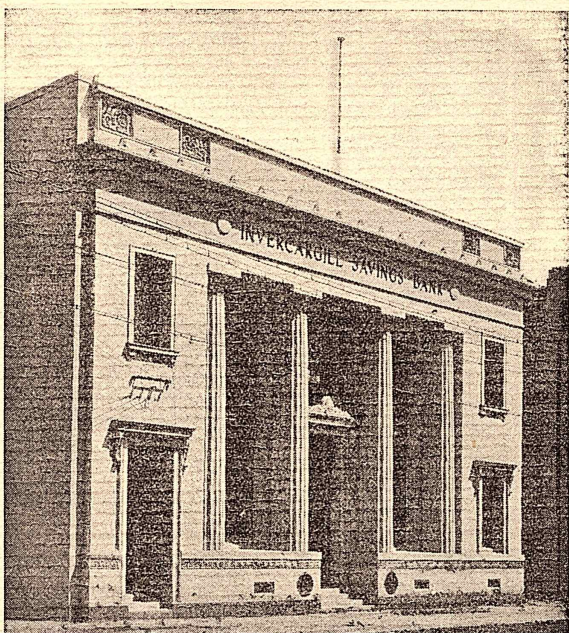
HEALTH AND BEAUTY FOR WOMEN OVER 60

This can always be a lovely age—the time when happy thoughts erase the lines that otherwise would blemish, and in their train leave joys to keep these years in health.

Of course, much depends on the woman herself, who, no matter how spry she feels, has to remember that the years impose certain limitations. Signs and symptoms tell that the tissues must be spared; the wear and tear that youth permits can no longer remedy itself with the full activity of the building cells. You can still have health, because it is now life assumes its placid plane.

Moderation in diet, exercise and living in general, must be enforced. As in youth the old-time slogan of "early to bed" still holds good, but now it is because extra sleep is needed for the tissues and time-worn nerves.

A daily walk is rejuvenating, and should be taken after breakfast. Have a cup of tea first thing in the morning before the morning bath. If you are of the super-sensitive type or over-tired, try a mid-day tepid bath in a warm room, followed by a half hour's nap or quiet rest. Use toilet oatmeal freely with warm water to wash the face. If soap is preferred, use a good pure super-fatted soap to soothe the sensitive facial tissues. At night apply cold cream or vegetable oil to soften the skin and prevent wrinkles. Pat the cream in carefully with finger tips. A little powder for a woman of sixty does no harm in a well-cared-for skin.



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HICCOUGH.

Mrs. W. H. King, J.P.

Hiccoughs may be cured by taking half a teaspoon of sugar, or a teaspoon vinegar; less sugar for a baby.

Mrs. J. Muirhead.

Cure for Hiccough.—For immediate relief take warm lemonade. A proved remedy.

E. B. Orr.

A hundred and one things may set this trouble going—a sudden fright, indigestion, a hearty laugh, etc. Sometimes the thing that started it going will cure it. Thus a sudden fright or a sharp unexpected slap on the back will stop the trouble. Holding one's breath after a long inhalation is one way of dealing with a mild case. Pressing firmly in the pit of the stomach is another. If these don't succeed, try a long slow drink of cold water, stooping forward and drinking out of the other side of the glass. Another way is to lie on the back for ten minutes with knees and thighs fully bent.

HOUSEMAID'S KNEE.

Housemaid's Knee is so called because it generally happens in the springtime, when the patient has done a lot of kneeling, and at cleaning time.

The front of the knee joint is protected by a hollow pouch in the fibrous tissue under the skin, known as a bursa. Repeated pressure on this part causes it to become inflamed and swollen. This is tender to the touch and gives pain on moving.

Treatment consists in resting the joint after painting it well with strong tincture of iodine. Preventative treatment consists in bathing the knee with hot water, after a spell of work, rubbing with methylated spirits and bandaging. Always use a kneeling pad when scrubbing or polishing floors. Sometimes the elbow joint becomes swollen in the same way. The same treatment applies. Rest, of course, is much easier with an elbow.

IMPETIGO.

A cutaneous pustular disease of an infectious nature often found in schools. Vesicles, which dry up leaving thick brown scabs from which the discharge is infectious. Scabs fall off leaving scars—disease spreads.

Treatment.—1. Soften scabs with starch poultice.

2. When soft remove scabs by swabbing with a piece of cotton wool moistened with mild disinfectant. Weak Jeyes Fluid lotion.

3. Apply dressing of white precipitate ointment on piece of lint or clean rag.

Treatment twice a day until scabs are all healed. Liberal diet and plenty of fresh air essential. A daily hot bath (with weak disinfectant if scabs on body). Disinfect clothing worn next skin. Separate towel and bed linen for patient.

Starch Poultice.—Four tablespoonfuls starch, one teaspoonful boracic powder. Moisten with cold water and mix; pour on half-pint boiling water and stir well. Apply a small quantity over each scab, cover oil silk and bandage.

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INDIGESTION.

*Give me a good digestion, Lord,
And also something to digest.
Give me a healthy body, Lord,
With sense to give it at its best.
Give me a healthy mind, good Lord,
To keep the good and pure in sight:
Which, seeing sin, is not appalled,
But finds a way to put it right.*

*Give me a mind that is not bored,
That does not whimper, whine or sigh.
Don't let me worry overmuch
About the fussy thing called "I."
Give me a sense of humour, Lord,
Give me the grace to see a joke:
To get some happiness from life
And pass it on to other folk.*

E. Miller.

A little salt in cup of hot water each morning.

Mrs. Lindsay.

For Indigestion, baking soda and powdered magnesia in equal parts and taken a teaspoonful in water after meals.

I. Craig.

A teaspoonful of glycerine taken after each meal prevents indigestion.

Mrs. Lokan.

$\frac{1}{2}$ lb. sugar of milk; 4ozs. magnesia; 4ozs. baking soda; 1oz. bismuth. Put through flour sifter. Keep in airtight bottles. Dose: Half to one teaspoonful in a little luke-warm water after each meal.

E. B. Orr.

The causes of indigestion are many and varied. It can be caused by bolting our food or gulping it down with liquid. Then again, the stomach may be irritated and made to work too quickly, or throw out too much acid. Worry and mental strain upsets the nerves which control digestion. Therefore, chew your food properly. This, however, can only be done if the teeth are good, so care for your teeth. The stomach must be given a rest now and again. Do not overload or make it work overtime. To soothe the stomach and neutralise the excess of acid, an alkaline powder may be prescribed by your doctor. While eating, set aside your personal, household or business worries. Have cheerful conversation and spare some attention for the food that is being eaten, and enjoy it.

K. Allen.

Uses of Water.—For indigestion, drink lots of water first thing in the morning, between meals, and last thing on retiring at night.

For Sleeplessness.—Rise and drink as much water as possible.

For retaining good eyesight plunge face in water in the morning and open the eyes, or use an eyeglass.

Mrs. Murphy.

Cure for Indigestion.—4oz. each Baking soda, magnesia, $\frac{1}{2}$ packet sugar of milk. Take one teaspoonful in water after meals.

RULES FOR INDIGESTION AND GASTRIC FAULTS.

The following eight rules for indigestion and gastric faults are invaluable.

1. Eat rather less than the appetite desires. Leave the table feeling you can eat more.

2. Eat three simple meals daily, with four or five hours interval to allow for complete digestion.

3. Let red meat not more often than once a day be the rule. Don't eat foods known to disagree. Tea and coffee are seldom objected to in moderation. Treat alcohol primarily as a medicine.

4. Fresh fruit and vegetables are essential to health. Include these freely with meals and avoid overcooking if you would obtain the full benefit of food.

5. Regard milk and eggs as ideal foods.

6. Exercise daily. This is essential to perfect digestion in keeping the system in tone and assists the process of elimination.

7. Masticate food well, and rest when tired before taking a meal.

8. Get the right way of thinking; temper and discontent never assist in the digestion of a meal.

A glass of hot water each morning does much to assist in both digestion and elimination. Add a mild saline as required, but avoid liquids with meals.

INFLUENZA AND CURES.

Miss Bartlett.

For persistent retching in stomach 'flu, a hot bran poultice placed right over the stomach acts like magic.

G. S. Wadworth.

Cure for Influenza.—Buy one small bottle of ginger ale and stand in pot of water on range until fairly hot; drink whole of this and take two aspirin tablets. Very effective.

Mrs. S. McIntosh.

When you feel you are taking influenza, take one small teaspoon of cayenne pepper dissolved in a cup of boiling water. Sip this and go to bed. The effects are wonderful.

E. B. Orr.

'Flu is very infectious, so take precautions. Burn rags used for the nose and use paper handkies. A couple of days in bed for even the mildest of attacks is necessary. Take temperature. Patient must not get up until temperature is normal for 24 hours. Keep room at even temperature. Allow plenty of fresh air in sickroom, but no draughts. Hot lemon drinks, or milk until temp. normal, then light nourishing foods. Don't start work too soon.

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SKIN IRRITATION.

Good Cure for Skin Itch.—Make an ointment by mixing one tablespoon of baking soda, one and a-half teaspoons sulphur to a paste with castor oil. Cover in a little jar.

Mrs. Lindsay.

For Skin Itch, mix equal parts of sulphur and baking soda with a little olive oil.

Mrs. Dyer.

Heat Spots.—A paste made of carbonate of soda and applied to heat spots on children stops the irritation.

Mrs. Lokan.

To Clean the Complexion.—Apply a lotion made of one quart of milk and the juice of one apple. Apply night and morning.

Mrs. Lokan.

Freckles.—Lemon juice is one of the simplest and yet most effective remedy for freckles. Use either the pure juice of the lemon rubbed from a slice, or equal parts of lemon juice and glycerine may be used very effectively. Freckles that are persistent may be treated with a lotion composed of the following: 4oz. lactic acid, 4oz. glycerine, 1oz. rosewater. Apply several times a day and at night rub cold cream well into the skin.

STEAM INHALATIONS.

Steam itself has a very soothing effect on the mucous membrane of the air passages, and is largely used for bronchitis and all bronchial troubles as moist heat for the sickroom. In acute cases, where a soothing effect is specially necessary a teaspoon of Friar's balsam, or eucalyptus oil put into a jug with a spout, or old teapot, and half filled with boiling water is used. Wrap a towel round the jug and get the patient to sit up and hold this with his mouth over the spout. The whole head is then enveloped in a towel that falls down over and round the jug. Leave for 10 minutes or so. The patient gets great relief from this treatment. Cover him warmly afterwards.

INVALID DISHES.

BEEF TEA.

Half pound gravy beef ; half pint water.

Remove all fat and cut up meat finely. Let meat remain in water for not less than 15 minutes. Press and stir well. Steam slowly in a double vessel, because beef tea must never boil, for about three hours (uncovered to allow steam to escape and prevent boiling). Pour off the tea and strain through a course strainer.

BEEF TEA AND EGG.

Quarter-pint hot beef tea ; yolk of one egg ; salt to taste.

Beat yolk of egg and stir the hot tea on to it by degrees. Add salt to taste and serve.

WHEY.

Two pints milk ; $1\frac{1}{2}$ teaspoons rennet.

Heat the milk until tepid. Stir in rennet and stand in a warm place until set. Break up curd with a fork and strain through muslin without pressure. Add cream and sugar if allowed.

MILK OR CREAM JELLY

Mix a packet of jelly with half a pint boiling water. Let it get quite cold, but don't allow to set, add half pint milk. Stir well and leave to set.

(Note.—Jelly must be quite cold before adding milk or it will curdle.)

Half-pint water ; half-pint cream ; one packet jelly.

Makes an excellent nourishing jelly for invalids. Give a little at a time only as it is fairly rich.

IMPERIAL DRINK.

Good for invalids suffering from kidney trouble.

2 pints boiling water, three lemons, 2 oz. sugar, 2 teaspoons cream of tartar.

Peel thinly the rinds of lemons. squeeze lemons and strain juice into a jug. Add sugar, cream of tartar and boiling water. Stir well together and strain when cool. Patients having this drink alternately with milk, say every two hours, emerge from a severe illness in a well-nourished condition.

ORANGEADE.

Juice of two oranges, half a lemon, half an ounce of sugar, one pint boiling water, grated rind of orange. Mix well and strain when cool.

STEAMED FILLETED FISH.

Wash fish, dry, slightly season with salt and a little lemon juice. Make into a roll and put on buttered plate. Cover with a basin and put over pan of boiling water. Steam for half an hour. Serve on hot plate with own liquid.

MINCED CHOP.

Remove fat and cut into small pieces. Shape together again and steam in a jar or bowl for 1½ hours. Season lightly.

CHICKEN JELLY.

1 pint water to 1 lb. chicken (bones included).

Clean chicken, disjoint, and cut the meat into small pieces. Remove fat, break up bones, and put into pan with water. Heat slowly, skim, and simmer slowly for three or four hours. Take off lid of pan and reduce it by boiling to half quantity. Strain, season, and allow to cool.

CHARCOAL BISCUITS.

Mrs. Lokan.

1lb flour, small teaspoon baking powder, pinch of salt, ¼lb. butter, 2 tablespoons sugar, 1 egg, 1 heaped tablespoon charcoal powder (from the chemist). Beat butter, sugar, add egg, then dry ingredients. The mixture will be very stiff. Roll out about half inch thick. Cut in small squares and bake. Very helpful to those suffering from acidity or wind in the stomach after meals.

Invalid food must be seasoned lightly, of best ingredients, served little and often, and as daintily as possible.

Never disobey the doctor's orders to gratify the craving of the patient.

A fresh egg, if beaten up well in a little warm water and left for 15 minutes, is a splendid remedy for exhaustion.

A SIMPLE HOME REMEDY FOR KIDNEY TROUBLE.

M. Wright.

Boil a handful of freshly picked parsley for five minutes in a quart of water. Strain and drink like tea, a cupful every two hours. This is very good for a chill in the kidneys, and brings quick relief.

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CARE OF THE LIPS.

Mrs. J. Gorrie.

A Cure for a Sore Lip.—Dissolve half a teaspoonful of boracic acid in two tablespoons of warm water and apply to the sore as often as possible during the day. The affected part will heal rapidly without a scab.

Cracked Lips.—Mix one teaspoon Epsom salts and apply frequently to lips with clean old linen.

Mrs. W. Irvine.

Cure for Sore Lips.—Powder one block of camphor and mix with half a cup of methylated spirits. When dissolved apply to the lips with a piece of cotton wool. This is most effective.

During Winter months apply with fingertip a smearing of almond oil. Lipstick can be put over this.

LUMBAGO.

E. B. Orr.

Patient should go to bed if attack really severe.

Heat in the form of poultices, hot fomentations, hot water bags, etc., can be applied. Aspirin or sodium salicylate, two tablets every four hours can be given. Plenty of fluids to drink, preferably barley water. Light food. Apply a mustard plaster occasionally for short periods. When plaster is taken off dab gently with olive oil and cover with a pad of cotton wool or a flannel (folded) and bandage lightly, or attach to underclothes. Keep legs and feet warm. If the skin will stand it, rubbing vigorously with strong linaments (after a few days), and the patient lying prone, gives great relief.

MEASLES.

Measles are so common that most children get it in the first few years of their lives. The general rule is complete recovery. The disease is very infectious, and young delicate children should not be exposed to infection. The symptoms are:—child sick and tired, with puffy eyes and a slight temperature. The treatment consists of warmth and rest. Shade all artificial light and keep blinds partly down in the daytime for the first three days. Windows open, but keep patient away from draughts. If a cough is present, give simple recommended child's cough mixture. Keep eyes, nose and mouth clean. Sponge all over body daily until child fit to have a daily bath. If there is any sign of complications consult a doctor at once.

RULES IN GIVING MEDICINES.

1. Exact dose.
2. Punctuality.
3. Regularity.
4. Read directions.
5. Shake bottle, finger on cork.
6. Pour out opposite label, and wipe bottle after.
7. Observe result.

CARE OF MEDICINES.

Poisons should be kept in blue bottles with red labels on clearly labelled and kept in a locked cupboard out of a sick-room.

Give salts in the morning and follow with a hot drink.

Castor oil and liquid paraffin give with oil or lemon.

Cod liver oil plain or with lemon.

Powders, mixed with water. If insoluble, float on top.

Cough mixtures, give with hot water; no water after.

Cough syrups, neat.

Tonics, given after meals.

Suppositories, as soap for constipation or morphia to induce sleep, insert with vaseline and piece of cotton wool.

Inunction. Drugs rubbed into skin in the form of an ointment.

Salines are given intravenously directly into the blood stream.

TIMES OF GIVING MEDICINES.

Before meals.—1. Alkaline substances to neutralise excessive acidity.

2. Bitter substances which stimulate gastric juices.

After meals.—Acid medicines supplement gastric juice.

Three times a day medicines usually follow meals.

Four-hourly medicine: 2, 6, 10 a.m., 2, 6, 10 p.m. (Cough mixtures or stimulants).

MEMORY.

Never over-burden your memory, especially with things that are not worth a single thought. Tiredness and illness cause a failing memory. If you are tired and puzzled, sleep on the problem and very often next morning your memory will be bright and clear. Relax regularly; get plenty of rest; see that the digestion is good. If need be, take a tonic.

HOW TO PASTEURISE MILK.

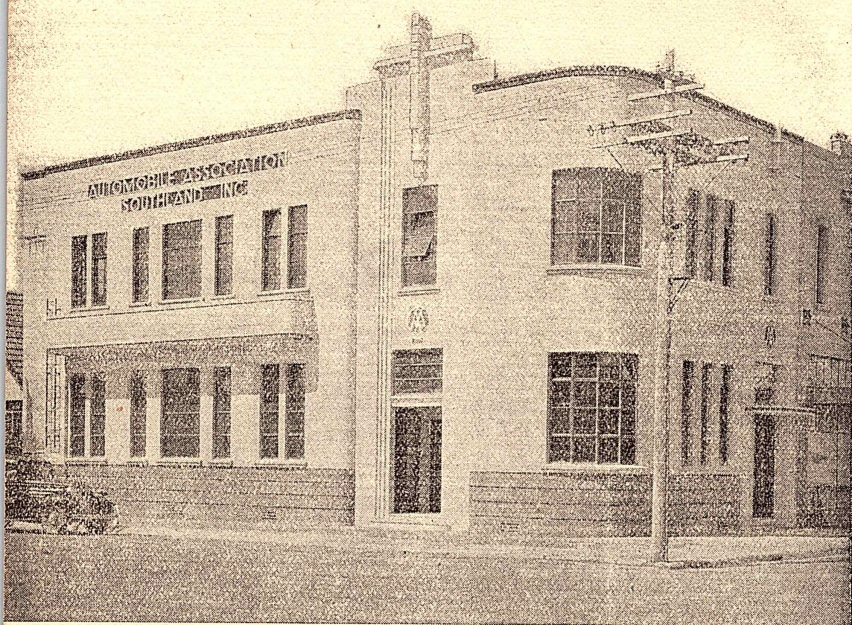
Put milk into a jug and put this into a saucepan of water (quarter full). Bring milk to a temperature of 145 degrees F. for 20 minutes. Cool rapidly by putting jug in running cold water.

Give your health the consideration you would a fine car.

It's merely stupid not to.

Life is too important to take too seriously. Relax. Play. Easy does it.

The years have done nothing to that deep final something that is personality.



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MISCELLANEOUS.

Mrs. G. Hamilton.

When treating vomiting from whatever cause, keep the room darkened, as light will make the vomiting worse.

Mrs. R. A. Palmer.

If anyone gets a small bone in the throat, it can be immediately dislodged by swallowing a raw egg. This has been proved by experience.

Mrs. Ward.

For Heart.—One tablespoon honey dissolved in glass hot milk before going to bed.

Lemon juice is an excellent remedy for fish bone in the throat.

Mrs. R. Russell.

Goitre, Tumours and Cancers. (Preventions).— $\frac{1}{2}$ teaspoon bicarbonate of potash, $\frac{1}{4}$ teaspoon citric acid in a little water two or three times a day.

Infantile Paralysis (Norwegian).—Bathe the limb twice a day in warm sea-water, and to massage it liberally with pure cod-liver oil. Persevere for three to six months or longer if necessary.

MUMPS.

Infection takes place long before mumps shows itself. It is often regarded as an amusing complaint, the patient looks so funny—but it is not so amusing for the patient. The symptoms are: child off colour for a few days, then a slight temperature with sore throat or jaw. and headache. Difficulty in opening the mouth and in swallowing is noticed. Pain is felt in chewing. Soon after, the typical swelling begins to show slightly below and front of one ear, gradually filling up the hollow round the angle of the jaw.

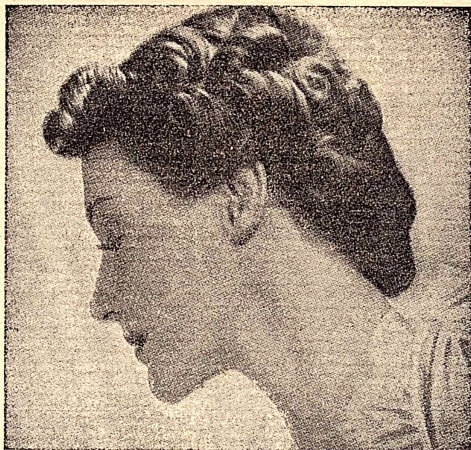
The treatment consists in keeping the swollen parts warm with oiled flannels (warmed in oven on a paper) and to give a good mouth wash several times a day. If there is no temperature the patient does not need to go to bed, but should be kept warm and away from the other children. When the swelling goes down, the child can get out in the fresh air. Keep a flannel over the parts that were swollen for a few days. It must be remembered, however, that infection is still present for a week at least after swelling goes down. So keep at home, away from other children.

NERVE STRAIN.

Every part of our bodies needs a rest—and this is particularly true of our nervous system. Rest for the nerves does not always mean inactivity or sleep. When we sit down to relax our bodies we should also relax our minds. Some light reading is excellent for the nerves. Knitting, also, is good for some people who don't enjoy reading. Bad temper is often a sign of nerve strain. An hour's change of occupation, a slackening of the sense of responsibility, will often be enough in an early case. But, if we are constantly becoming nervous and jumpy, and find trifles worry us, then we are undoubtedly over-taxing our nerves. Immediately, steps must then be taken to cut out some of the strain, or leave it altogether, for a time.

Don't be always nursing a grievance; try to teach it to walk.

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NEURITIS.

Mrs. G. Hamilton.

When your nerves are at breaking point curl up on a chair and read a Wild West story, a Thriller, or even a Detective story. The result is amazing.

N. Hardie.

A Cure for Neuritis.—Mix well together one tablespoonful sulphur, one tablespoonful cream of tartar. One teaspoonful dissolved in a little milk each night before retiring. This is best taken at bedtime.

E. B. Orr.

Neuralgia.—Treat with warmth, rest, and aspirin tablets. Take two aspirins every four hours. Apply heat by hot salt bag, hot water bottles (covered) or by hot fomentations. Counter-irritants are also good, as for instance, menthol ointment, A.B.C. Liniment, etc. Build up health by plenty of fresh air, abundant rest, and simple tonics. Sometimes a change of air is good. Neuralgia can arise in other nerves besides the face. It can come in the chest from hearts or lungs, or in the feet, arms or small of back. Cold is liable to start an attack. Treatment as above.

Mrs. C. G. Ward.

Cure for Neuritis, Lumbago, etc.—1oz. sulphur, 1oz. cream of tartar, $\frac{1}{2}$ oz. turkey rhubarb; 1 dram gum guaiacum. All to be ground fine and well mixed with $1\frac{1}{2}$ lbs pure honey. Dose: Adults, one dessertspoon in hot water, night and morning. Children, one teaspoon in hot water night and morning.

ETHICS OF NURSING, AND THE SICKROOM FOR HOME NURSING.

A nurse should be observant, kind, thoughtful, unselfish. She should wear a washable dress of some soft material, preferably a material that will boil, and wear quiet shoes. She should keep herself spotlessly clean, change her dress frequently, have a daily bath, if possible; if not, a sponge down. She should look after her own health, have proper rest, good food and some recreation each day. She should see that any visitors to the patient (if the condition of the patient allows visitors) are not noisy or allowed to say tactless things. Warn against this. A kind, bright, quiet visitor has a beneficial effect on the patient. The nurse should never sit on the patient's bed or bang doors.

A sick room should be bright and airy, have a fireplace for ventilation as well as for warmth. It should have a northerly aspect and be as far away from kitchen, dining room, etc., as possible. Light walls are best to hold as much light and brightness. A polished wood floor or linoleum is the best floor covering. Remove as much unnecessary furniture as you can. An iron bed is best. Single bed, of course, buttoned mattress, small table at bedside, another table for nurse's use and necessities, two or three chairs. Have the bed away from the walls, facing window or fireplace. Use a screen (an improvised one of clothes-horse and rugs will do) to put round part of bed nearest the door to avoid draughts. Shade the light at night. See that the bedpan is kept out of sight and spotlessly clean with disinfectant in it; warm before giving. A vacuum cleaner is best to use when cleaning a sickroom. For quietness, oil door hinges, put a wedge of wood in loose windows to keep them from rattling; put coal on fire with gloves. Perfect quiet in some cases will help to save a patient's life. A nurse should write down a doctor's instructions, keep them to the letter, and give the doctor a full report of the patient, *i.e.*, condition of tongue, cough, expectoration, if any, rashes, stools, urine, position, sleep and vomiting, etc. She should observe the patient by signs and symptoms.

Signs are what you notice. Symptoms are what the patient tells you. For instance, pain, position and character of pain.

Part of the daily routine should consist of taking temperature, pulse and respiration. Normal temperature 98.4 degrees. Temperature usually less than this (about 97 degrees) in the morning in normal health. Normal pulse in an adult is 70 to 80 beats to a minute; in children, 80 to 100; in infants, 100 to 120. The respiration should be from 15 to 20 to the minute (normally), about a quarter the rate of the pulse.

Distract the patient's attention when counting the pulse. A nervous patient's pulse will be more rapid if they know you are counting it. Keep a record of patient's progress.

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THE WAY TO TAKE OILS.

Mrs. Lokan.

In taking oils the disagreeable taste may be lessened in the following ways. Pour a little orange juice into a glass, drop the oil in the centre and add more orange juice, then swallow quickly. The oil will be surrounded by the juice like an egg in its shell. Lemonade or grape juice may be used instead of orange juice. If the spoon is first dipped in sweet milk, the oil will not adhere to it. This is well to remember in giving oils with a spoon.

Turpentine or Croton oil may be given on sugar from a spoon.

OINTMENTS.

Always keep Boracic Ointment, Zinc Ointment, and Vaseline in the home.

Mrs. H. Erskine.

Skin Disease Ointment.—Sulphur 3oz., tar 3oz., soft soap 8 oz., chalk 2 oz.

Mrs. F. Lokan.

Epsom Salts and Glycerine.—Dry salts in oven and when dry roll with bottle or rolling pin, then mix with glycerine to a paste. Recommended for burns and good for drawing.

Mrs. H. Burns.

1 teaspoon baking soda, 1½ teaspoons powdered sulphur.
Mix to soft paste with castor oil.

Mrs. Gray.

Ointment for Sores.—Equal parts of sulphur, powdered starch and vaseline.

Mrs. E. K. Sim.

Ointment for Chapped hands.—Two pounds mutton fat (rendered), one bottle glycerine, two cakes camphor. Mix into a white ointment; rub into the hands every night.

Mrs. W. H. Ward.

Hand Lotion.—One third each of glycerine, lemon juice and rose water.

Cracks on Hands.—Use a tube of liquid court plaster. Colourless and comforting.

Mrs. Williams.

Cold Cream for Hands.—4oz. vaseline, 3oz. paraffin wax, 1oz. camphor. Melt wax and vaseline together first, then add camphor.

*Ah! What avail the largest gifts of Heaven,
When drooping health and spirits go amiss?
How tasteless then whatever can be given!
Health is the vital principle of bliss,
And exercise of health.*

Mrs. A. Smith.

Ointment for Burns.— $\frac{1}{2}$ -pint olive oil, 2ozs. best white beeswax, 2 drams acetate of lead (powder). Put oil in earthenware jar. Shred beeswax into it, then place in pot of hot water on side of range till wax is dissolved. Then add acetate of lead and stir with wooden skewer till all is melted. Remove from fire and continue stirring until ointment sets. Must not be made in metal dish nor stirred with metal spoon.

Zinc Ointment.—Take 3ozs. lard, $\frac{1}{2}$ oz. oxide zinc powder, a few drops perfume; mix well. To make boracic ointment use boracic powder in place of zinc.

Miss Norma King.

Hand Lotion.—12ozs. water, 1oz. lanoline, $\frac{1}{2}$ oz. cornflour, 8ozs. glycerine, 15 drops pure carbolic acid, 2 teaspoons lavender water. Bring almost to boil. Store in earthenware jars or bottles. Rub well into hands frequently.

EXCESSIVE PERSPIRATION.

Excessive perspiration under the arms is an indication of nervous debility. Your health requires attention.

Avoid heating foods, thick soups, stews, etc., curtail fluids with meals, and take an aperient saline every morning. Bathe affected parts twice daily with hot water and a germicidal soap; dab with witch-hazel after drying well. Dust freely with talc or starch powder during the day.

A daily bath should be the rule for everyone (if possible) as freshness of body means freshness of mind. A rub down is next best. Mix together the finest oatmeal procurable with enough water to make a pulpy paste, and put in a jar. Keep this in the bathroom and pour a tablespoon into lukewarm water when the hands and face are to be washed. For the bath, use a cupful of paste. Make it up fresh every other day. The rub down should be brisk and thorough. When dry, dust a good talcum powder on feet, hands, and the parts of the body that perspire. When the hands perspire much, exercise moderately in the open air daily, and take a warm plunge bath at night. Wash and dry the hands well, rub in witch-hazel. Look to your diet—include fresh fruit, green vegetables and milk in your diet.

PIMPLES.

Mrs. R. Gerrard.

Take juice of lemon, $\frac{1}{2}$ oz. cream of tartar, $\frac{1}{2}$ oz. powdered sulphur; pour over one quart boiling water and stir thoroughly.

Take wineglass full every morning, and sponge the face with boracic lotion made by boiling $1\frac{1}{2}$ teaspoons boracic acid in one pint water, night and morning.

SAVE MONEY—

MAKE YOUR OWN PICKLES.

STRANG'S PICKLE MIXTURE

The tin contains all the choicest condiments in their proper proportions necessary for making a delightful pickle. Manufactured in two distinct flavours: Chow Chow (Piquant) and Picalilli (Milder).

Prepare 4lbs. Vegetables—any one or a mixture of the following will do—pickling onions, cauliflower, green tomatoes, french beans, cucumber, etc. Place in an earthenware vessel containing a brine made of 1 breakfast cup of salt dissolved in 2 quarts of water. After soaking for 24 hours just bring to the boil in an aluminium or enamelled saucepan, then drain off hot brine through a colander.

From 3 pints of vinegar take enough to mix the contents of the tin to a smooth paste free from lumps. Put the remainder of the vinegar on to boil and when boiling add the smooth paste stirring till it again boils.

Add drained vegetables and when the mixture comes to boiling point stand to the side of the range and let the vegetables get slowly but thoroughly heated through (about 15 minutes will usually suffice), stir occasionally to prevent burning. Bottle immediately and cover when cold.

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POULTICES AND PLASTERS.

Mrs. M. A. Wilson.

To Make a Mustard Plaster.—1 tablespoon flour, 1 dessertspoon mustard. Mix with white of one egg. Will not blister.

Mrs. H. Edwards.

Poultice for Poisoned Hand, Etc.—Mix a solution (strong) washing soda and boiled water; add equal parts oatmeal castor oil and very finely sliced raw onion. Use judgment for thickness.

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E. B. Orr.

Every medicine cupboard should have a tin of antiphlogistine or kalipoult in it. To use, put tin into a small pot of hot water to warm through, spread evenly on a cloth larger than area to be covered, and apply. The special advantage of this type of poultice is that it can be left on 24 hours if necessary.

If you have none of the above, a mustard poultice or linseed poultice serves the purpose. For a mustard poultice use three or four parts of flour to one of mustard, mix with warm water and spread evenly and thinly on a piece of old linen or brown paper, cover with thin muslin, and apply. Ten to 20 minutes is long enough to have the poultice on at a time. When you take it off, dab lightly with olive oil and cover carefully and warmly. If a linseed poultice is to be made, you stir in enough linseed to boiling water to make a stiff kind of porridge, spread on linen, and apply direct to surface that needs the counter-irritant. Leave on until it gets cool.

PNEUMONIA.

E. B. Orr.

There are two forms—lobar pneumonia and broncho pneumonia. The former type is more acute and of shorter duration generally. Children and old folk usually have broncho pneumonia. Onset is sudden, shivering and acute feeling of illness, and the temperature rising to 103 degrees or more with a rapid pulse, hectic flush on cheeks and dry lips are general symptoms.

At beginning of illness decide at once for or against home treatment. It is too late to move patient later on. In any case, call a doctor, and if possible, have a nurse in control. The fever is high for five to ten days, then the temperature drops with a few hours of crisis to the patient, then a steady improvement is shown, breathing easier and patient more comfortable. This is the time the greatest care should be taken as the disease is very exhausting. Convalescence must be slow. The doctor will advise the treatment which should be carried out conscientiously and carefully, moving the patient as little as possible. Calipoult (poultices) for the chest and back is good, and can be left on for 24 hours at a time. When food is allowed, teaspoon lots only should be given. Watch the pulse carefully and avoid constipation. Give opening medicine every second day. Quietness is very necessary and constant attention. Prop patient up slightly with plenty of soft pillows coming well down to form an arm rest. Turn the top pillow frequently and carefully. When patient is awake and feverish, sponge face often, and back of ears and hands. A little eau-de-cologne or lavender put in water is refreshing for the face and hands.

Mrs. A. Thompson.

First Aid for Pneumonia.—Symptoms: lassitude, flushed cheeks, hot hands, dry lips.

Give aspros according to age; two for adult, half for child. Prepare warm bed and room with fire, bed being free from draughts. Make poultice of linseed and add one tablespoon mustard. Mix with boiling water, spread between cloths and cover the patient's back with this. After 20 minutes change poultice for hot oiled flannels. Repeat poultice and give one aspro every four hours. Liquid foods only. Prompt treatment as above has been known to save a life.



POISONS AND THEIR TREATMENTS.

All poisons should be conspicuously labelled poison, and stored out of reach of children, preferably in a locked cabinet.

In all cases of poisoning send for doctor at once.

General Rules for Poisoning.—Keep patient warm. (2) If inclined to sleep, keep awake by walking patient about and slapping face, neck and chest with wet towel. (3) In all cases give emetic EXCEPT when caustic alkalis or strong mineral acids have been swallowed.

Alkalis such as Caustic Soda, or Potash, or Ammonia.

Treatment.—Do NOT give emetic. Give diluted vinegar or lemon juice, then olive oil and keep body warm.

Acids, strong mineral, such as sulphuric.

Treatment.—Do NOT give emetic. Give whitening, chalk or magnesium carbonate, then olive oil, milk or raw egg.

Oxalic Acid.

Treatment.—Same as for mineral acid.

Alcohol.

Treatment.—Emetic of mustard water. One tablespoon mustard to half-pint water, then warm strong coffee.

Carbolic Acid.

Treatment.—Odour of breath will aid in detection. Give $\frac{1}{2}$ oz. Epsom salts dissolved in water. Then white of egg, milk. Keep warm.

Prussic acid, or Cyanide of Potassium.

Treatment.—Give emetic and ammonia inhalation.

Opium, or Liniment Poison of Laudanum.

Treatment.—Keep awake. Give emetic one tablespoon mustard to tumbler water. Or two tablespoons salt to tumbler water.

Poisonous Meat or Fish.

Treatment.—Give emetic. After action give castor oil.

If you want your Children to grow
big and bonnie
give them

KINGSLAND'S BISCUITS

OBTAINABLE FROM ALL GROCERS

Be sure and specify KINGSLAND

Strychnine.

Treatment.—Give emetic, followed by strong hot tea, then another emetic.

Mercury Salts. (Corrosive sublimate).

Treatment.—Whites of eggs (two or three).

PTOMAIN POISONING.

Mrs. R. Russell.

Procure one tablespoon of powdered wood charcoal taken with a wineglass of water. Pound the charcoal with a hammer, roll it out fine and bottle. Will effect a cure in half an hour.

BLOOD POISONING.

Risk of blood poisoning occurs when you get a scratch from an animal's claws which are rarely clean. Allow the scratch to bleed and so wash out any germs. Even a cut or a gash will be cleaned by the bleeding which follows. A prick is worse, for dirt may be carried in on the point of the thorn or pin, and kept deep in the

tissues when the elastic skin closes up again. Most whitlows arise from such pricks, which pass unnoticed at the time. A doctor will probably lance the whitlow and let out the poison, and, if done in time and properly cared for afterwards, the trouble will be kept localised and soon clear up.

Two signs pointing to the possibility of blood poisoning are—first, inflammation of the lymph vessels which show as dusky red streaks on the skin above the injury. For instance, if the wound be on finger or hand the lines will be on the forearm. The other sign is a feeling of tiredness and vague ill-health, that is, a sudden tiredness and listlessness. Properly treated by rest, special fomentations, soaking injury in hot boracic lotion, etc., will settle this quickly, and check the spread.

Blood poisoning caused by severe infections like erysipelas, diphtheria, or so on are cured by the prompt and repeated use of anti-toxins and serums with skilled medical attention and nursing.

RHEUMATISM.

I. Beggs.

Mattress Made from Manuka Tips for Rheumatism.—Make case (to required size) from strong sheeting and fill with manuka tips which have been well dried. Place this mattress under kapok or wool mattress. The manuka should be renewed every six months.

For a Weak or Rheumatic Knee.—Have the last lath of leather on heel of shoe removed and replaced by a rubber of the same thickness, and exactly fitting the heel. This breaks the jar and is a great comfort when shopping or walking on concrete at home.

Mrs. Gray.

Rheumatism.—1oz. sulphur; 1oz. cream of tartar; 1oz. rhubarb (turkish); 1 drachm gum guaiacum; 1lb. honey. Warm honey enough to mix all together. Dose, one tablespoonful in a cup of hot water night and morning. Flavour with lemon juice.

Mrs. Gray.

Sciatica and Rheumatism.—4oz. sulphur; 2oz. cream of tartar; 2oz. Epsom salts; 1oz. magnesia. Dose, one tablespoonful in cup of milk at bedtime.

Mrs. J. McIntosh.

I can recommend one cup hot water and half teaspoonful Glycer salts first thing in morning.

M. McLean.

For Rheumatism.—Take as much Epsom salts as will go on a sixpence after lunch, taking no drink with lunch, or for 2½ hours after.

Mrs. Alex. Brown.

Cure Rheumatism.—Carry small potato in a small muslin bag next skin to cure rheumatism.

R. E. Slee.

I can safely recommend Kruschens Salts for rheumatism. Dose: One teaspoon in a tumbler of warm water, on an empty stomach.

E. B. Orr.

If you are prone to rheumatism, be sensible about hours of work and rest. Don't allow yourself to get overtired or exhausted. Wear warm clothing and not tight or heavy—and change at least once a week. Avoid damp and wet. Hot baths soothe the pain of an attack, 20 minutes soaking in a comfortable hot bath and then go to bed. Rubbing is good, if not too vigorous, and then rest again. Cut down on sweet things, especially sugar.

Mrs. Lokan.

Golden Oil.—Mix thoroughly two ounces of liquid Iodine, two ounces ammonia, four ounces of linseed oil, four ounces turpentine. This is strong, but will be very good for rheumatism.



RINGWORM.

Mrs. Witting.

On a flat-iron or plate burn a sheet of thick writing paper. The resulting brown oil deposited will definitely kill the ringworm if applied while still warm. Do not repeat the treatment as one application is sufficient.

Mrs. H. McKay.

Get some tobacco ashes out of a pipe. Damp the affected part with a little water and lightly rub on the tobacco ashes. Repeat every three or four hours. Will cure in two days or less.

Castor oil seldom fails to cure ringworm when the parts are annointed with it twice a day.



USES OF COMMON SALT FOR HEALTH.

Mrs. G. Hamilton.

Salt is an antidote for caustic soda burns, and is always at hand. The caustic cannot burn if the salt is applied quickly.

E. B. Orr.

Salt heated and put into stocking leg is good for neuralgia pains and toothache; placed on nape of neck it will cure headache; also, can be used instead of fomentations for pains in abdomen, etc.

Sniff salt to cure catarrh in the head.

Salt put into foot bath will ease tired feet.

A pinch of salt put into eye bath will strengthen the eyes and give an added sparkle to them.

Salt both cleans and preserves teeth

Gargle throat with salt and water (teaspoon to a pint) to keep it clear and prevent germs entering.

Salt smooths rough hands.

Salt damped and put on insect bites, and bandaged tightly, will relieve pain and heal the sore.

Salt, if taken regularly in cold water before breakfast, is a capital remedy for rheumatism.

In the summertime, scouring milk jugs and basins with salt before scalding keeps the milk from turning sour so quickly.

To preserve a new toothbrush soak it in salt and hot water before using.

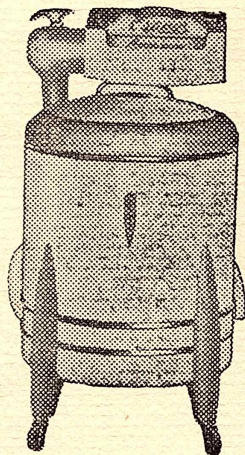
Small doses of salt and water check haemorrhage due to extraction of teeth or slight haemorrhage from lungs.

Two teaspoons of salt to a tumbler of tepid water brushed into scalp cures dandruff.

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USES OF EPSOM SALTS.

Mrs. N. Caldwell.

Epsom salt is cheap, but has great cleansing and healing properties.

Added to water, it is cleansing to any wound or sore.

Mixed with glycerine (one-third salts, two-thirds glycerine) it makes a good healing salve for sores or cuts.

Added to the bath, it is most refreshing; also, it is very soothing when feet are tired, if Epsom salts are added to the foot bath.



SEPTIC SORES AND CUTS.

E. Chilton.

For septic toe nails poultice with Epsom salts.

Mrs. F. Browne.

Cuts and sores which have become dirty. A small piece of fat bacon placed on cut or sore and bind in the usual way.

Mrs. I. Oates.

If a wound has turned septic, apply a mustard poultice. Mix with water and put inside flannel and apply.

Miss E. Macpherson.

Poisonous Cuts.—If cut is throbbing, bathe with hot water which has dissolved in it Epsom salts— $\frac{1}{2}$ packet of salts to one cup of hot water.

Mrs. R. Buchan.

Hint for a Festered Sore.—Bathe well in very hot water, open, then apply a washed plantain leaf. Change leaf twice daily till suppuration ceases.

Mrs. W. R. Ayson.

Crushed rhubarb root is healing for burns or any septic sore.

Mrs. Erskine.

Use a lump of washing soda in hot water to bathe children's cut feet and no poison results.

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Nurse White.

Simple Ointment for School Sores.—Finely grind one teaspoon boracic acid and three teaspoons sulphur between two fresh sheets of notepaper. Mix to a medium paste with castor oil, vaseline or lard. Cover in clean jar. Remove crusts from sores after softening by bathing with a mild disinfectant; apply ointment twice a day.

Nurse White.

Another treatment is to apply Elastoplast to the sore and leave a week. When removed the crust should come away leaving healed skin below. Elastoplast, used in same way, is good for bites or pimples which children tend to scratch and thus cause to fester.

O.H.

Powdered zinc mixed to a paste with castor oil is a good cure for scabs and sores sometimes contracted by school children.

Mrs. J. L. Hall.

Epsom salts are very good for any cut which is inclined to fester. Soak a clean pad in hot Epsom salts and water, and place on the wound. A packet to a teacup of water, and renew it as soon as it dries. It is good for gravel rash and any wound that one suspects of being poisoned, also insect bites and swellings.

SWELLINGS.

Swellings may be due to a variety of causes—for instance, enlarged glands, or localized flabby fat. Tumours are quite different. They have a definite outline and grow steadily. In the latter case consult a doctor at once. If a swelling is due to "water" oozing into the loose tissues of the body, instead of being filtered by the kidneys, it is typical of dropsy because it leaves little pits or hollows in the skin when pressed by the fingers. This, however, does not mean you have dropsy, or that the kidneys are at all diseased. The kidneys may not be working properly. A chill or a fever may cause this condition. Anyone recovering from a serious illness may get swollen legs on resuming walking. Puffiness of the eyelids and face may be caused by a bite or a sting; even some kinds of soap cause a puffiness in the face. Certain kinds of food taken together cause this; for instance, bananas and fish paste, strawberries and shellfish have this effect on certain people.

Don't get alarmed if your face is puffy, or legs swollen. But, if later on you get a general puffiness about the body, consult a doctor who will order you to rest to get the kidneys back to normal, and possibly, no food for a few days.



SLEEPLESSNESS OR INSOMNIA.

Sleeplessness is the enemy of perfect health, especially if the victim of insomnia takes drugs without a doctor's orders. It is often due to fatigue, especially if the sufferer is a brain worker; in other cases lack of exercise is the fault and the remedy there is obvious.

Oatmeal water prepared as a thin gruel or a glass of hot milk frequently induce sleep; and, if other methods fail, soaking the feet in hot water before retiring may have the desired effect. The high pillow has an advantage in restricting the blood flow to the head moderating subconscious mental activity. Try to make your mind blank. Take simple foods, white meats, fruits, and cooked green vegetables.

Mrs. G. Hamilton.

For sleeplessness, especially after car or train riding, walk on grass with bare feet for at least two minutes.

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SHINGLES.

An attack of shingles is usually heralded by severe pain. Two days later blisters like chickenpox appear, but, unlike chickenpox, the rash is always well localized running in an irregular band round half the body or down one limb. There is always pain with shingles. The most serious place to have shingles is about the forehead.

The patient is headachy, depressed, and a little fevered, but seldom seriously ill. Treatment consists of rest in bed, to avoid friction from clothing. A dusting of starch or talcum powder with a little boracic powder should be freely used, and the skin protected by a thin layer of cotton wool. After five or six days the blisters dry up. In a fortnight the scabs separate. The whole illness takes from two to four weeks. If the blisters burst, use ointment and change twice a day. Food should be light and nourishing, and the bowels kept open with a laxative. If the shingles should be on the face, have a doctor in attendance to minimise the risk of after-scarring. One attack of shingles usually protects the individual for life.

STYES.

Poor general health may be the cause of styes, but often these are caused by eyestrain. Have the eyes tested if a succession of styes occur, as these will undermine any constitution. A sty is a tiny boil at the root of an eyelash. A germ enters there often because of slight itching which leads to quick rubbing with a soiled handkerchief or the hand. The correct treatment is to remove the affected eyelash (hair) with a pair of sterile forceps or eyebrow tweezers (boil them to make sterile, allowing them to cool in the water) then wash your hands, and using forceps or tweezers, pull out the hair. Foment with boracic lint dipped in hot water. Use an eye-bath of warm boracic lotion several times daily for a day or two. Pay attention to the general health. A tonic is beneficial.

SUNBURN.

Mrs. E. Riddle.

For sunburn use common baking soda mixed with vaseline, or mixed with fresh lard.

Olive Sanderson.

For water blisters on lips caused by sunburn apply methylated spirits.

A. Dawson.

Cracks on Lips.—Mix one teaspoon Epsom salts and apply frequently to blisters with clean old linen.

BENEFITS AND DANGERS OF SUNBATHING.

Sunbathing has a very beneficial effect on our health, but it can also cause harm. Within recent years sunbathing has become not only a habit but in some cases a craze. The deeper the tan, the better and prouder is its possessor. It is up to us to make a wise use of the sunshine and avoid the harmful effects of summer sunshine especially. Babies with weak backs benefit greatly by sunshine. The best way to give the treatment is to rub the back gently with olive oil, then, during the morning sunshine, expose the baby's back (hold baby face down on your knee) for one minute by the clock. Next day try two minutes, and so on. By the time the baby's back can be exposed for 15 to 20 minutes (one extra minute each day) the weakness has gone and strength in the muscles is obvious. Direct sunlight is not the only thing that brings benefit to your health in summer. Fresh air and active outdoor exercises are just as valuable. Air is certainly got when lying about in the open, but the stimulating effects of motion are absent, and the muscles not being used as they should. Anyone can get as much sunburn as they wish by a five mile walk over the hills, and will feel better and fitter than after an hour's lolling on a beach. Aching heads and burnt skins are not the only penalties for over-indulgence in sunbathing, though they are the obvious ones.

The very fact that direct sunshine causes freckles on the face and tans the skin, shows the desire of the body to keep many of the rays out and the power of sun's rays. If the skin did not react in this way much more harm would be done.

Those who fail to take on sunburn readily should be all the more careful not to over-expose themselves to the sunshine. The bad effects are not always felt at the time. Tiredness, loss of appetite, slight headache, and irritability may be the direct cause of too much sunbathing. You can, of course, get the benefit of the sun in other ways. Sunshine is a deadly foe to disease germs, so open windows and doors wide to let as much as possible in in mild weather.

If the skin becomes red and smarts from too much sun, apply olive oil or calamine lotion. If a person gets real heatstroke get them into the shade at once, loosen clothing, and place cold cloths on forehead. Keep them flat and perfectly quiet.

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SPRAINS AND BRUISES.

Mrs. W. Shaw.

For sprains and bruises apply hot compresses wrung out of a salt solution of a strength $1\frac{1}{2}$ cups salt, 1 cup vinegar and 2 cups water.

Mrs. Froude.

Cure for Sprained Ankles.—Heat sufficient vinegar with as much salt as it will dissolve (about $\frac{1}{2}$ lb. to 1 cup), and saturate a strip of flannel in this mixture. Then wrap it firmly round the sprain, leaving it on all night, when it will be found that the pain is quite gone.

Mrs. A. H. McLean.

Wet a cloth with petroleum and apply to bruised parts, and occasionally renew same way. Abates pain and heals, too..

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CARE OF TEETH AND TOOTHACHE CURES.

Mrs. W. H. King, J.P.

When cleaning children's teeth dip the brush in borax or baking soda and rub the teeth. Then rinse in tepid water.

Mrs. Lindsay.

If a child is suffering from toothache, essence of lemon soaked in wadding will give quick relief.

Mrs. W. H. Ward.

Essence of peppermint put on a tiny piece of cotton wool and inserted into the cavity of the tooth relieves pain.

Toothache Relief.—Mix a tablespoon of ground ginger with enough vinegar to make a stiff paste. Spread on a piece of flannel, and fold to tie round the head, the paste being over the painful area. The paste soothes the aching nerve.

E. B. Orr.

Care of Teeth.—Brush regularly. All parts of teeth should be cleaned particularly inner surfaces and close to gums. A yearly visit to a dentist is advisable. Chew your food properly and eat plenty of raw fruit such as apples, pears, pineapple, etc., and plenty of hard food, crusts, raw carrot, turnips, etc., and your teeth will be both useful and ornamental. Drink milk—at least a pint a day.

TEMPERATURE OF BATHS.

Mrs. J. Hargest.

A hot bath may be from 100 degrees to 112 degrees F.

A warm bath may be from 90 degrees to 100 degrees F.

A tepid bath may be from 80 degrees to 90 degrees F.

A cool bath may be from 65 degrees to 80 degrees F.

A cold bath may be from 35 degrees to 65 degrees F.

A continuous bath (surgical) is used at 100 degrees F.

TONSILITIS.

If you have tonsilitis go to bed at once. The tonsils will be swollen and covered with either red or yellowish white spots. It would be wise to call in a doctor. Meanwhile, apply cold compresses to front and sides of neck. Give five grains of aspirin (or two aspro for an adult) to relieve the pain and cause the patient to perspire. Give plenty of fluids to drink. If the patient perspires very freely sponge quickly with warm water and vinegar and dry quickly. Gargle the throat every two hours with a gargle composed of one third teaspoon common salt, one third teaspoon baking soda in one glass warm water. Give patient opening medicine, preferably salts.

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VARICOSE VEINS.

O. Hogg.

Raw potato is soothing for running varicose veins.

E. B. Orr.

Too much standing is harmful, so rest as much as possible with feet up. Don't wear tight garments, especially round limbs and waist. Don't wear garters, elastic hems or waist belts. In the evenings douche legs with hot and cold water alternately, dry and massage gently in an upward direction. If veins do not respond to this treatment consult your doctor. When they improve take walking and skipping exercises.

CURES FOR WARTS.

Mrs. McLeod.

Bathe each day with the water in which potatoes have been boiled.

M.L.M.

Give warts a good soaking with fresh pig's blood.

Make a paste of whiting and vinegar and apply nightly.

Mrs. Lokan.

To Remove Warts.—Make a poultice of scraped potato; tie this on the wart at bedtime. Do this twice a week for three or four weeks and the wart will disappear and leave no mark.

"A new hat is as good as a new tonic."—G. Balneaves.

We get what we earn; and one of the finest tonics to efficiency as well as to health is to consider the day's work as a privilege, an opportunity for expression, expansion, development, a blessing.

TONICS.

Mrs. Buchan.

Tonic for Building Up After Serious Illness. (Proved to be excellent).—Equal parts of honey, rum, and olive oil, well mixed, and shaken before using. Take one tablespoonful three times a day, before meals. Guaranteed to build and strengthen.

Mrs. Geddes.

Depression and Run-down Feeling.—Take a cup of hop tea the last thing at night. To make it, put one teaspoonful of hops into a cup and fill with boiling water. Cover with saucer and leave for five minutes. Milk and sugar may be added if desired.

A Good Tonic.—6d. worth of essence of aniseed, 3d. worth of gentain roots, 3d. worth bitter aloes, 1 large stick liquorice, $\frac{1}{2}$ lb. treacle, $\frac{1}{2}$ lb. brown sugar, $\frac{1}{4}$ teaspoon cayenne pepper. Boil together for two hours, add essence of aniseed after boiling. Bottle when cold and cork well. Dose, half-teaspoon in water, after meals.

Mrs. P. A. Thomson.

Tonic After a Chest Cold.—1 cup honey, 1 cup cream, 1 cup rum, 6 fresh eggs. 6 lemons. Put eggs (whole) in earthenware jar or enamel dish, squeeze juice of lemons over them, cover and leave for three days, turning each day, when shells will be completely dissolved. Fourth day break eggs carefully into lemon juice, stir well, add honey and cream. Next day add rum, gradually stirring well all the time. Strain through two layers of cheese cloth, bottle and cork. Take one teaspoon three times a day, one at bedtime preferred.

COLD WATER FOR HEALTH.

Cold water is the most health giving of all liquids used internally or externally. A glass of water first thing in the morning, two if the bowels are sluggish. Half a pint taken before lunch and dinner, and the same at bedtime. Add to this in summertime. Sipping cold water regulates the beat of the heart. If you find cold water gives you a feeling of nausea, flavour it with lemon juice or any fruit juice. One English specialist prescribed large quantities of pure water to drink for rheumatism, and as a preventative for gallstones and kidney trouble. He maintains we should drink two quarts a day.

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WORRY.

Tests have been made to show that worry retards recovery from broken bones and all sicknesses, and often causes illness and pain. Worry, which in reality is chronic fear, always has a tendency to produce weariness of mind and body. Self-pity or self-reproach can work about the human mind with destructive results during the small hours of the night. Doctors familiar with abnormal states understand this tendency and seek to guard patients against it. The moment an individual begins to worry he ceases to think, for it is impossible to think about a thing and worry about it at the same time. The best cure for worry is some type of physical action. Worry is a habit—a harmful one—that takes valuable energy, and frequently prevents people from behaving in the effective manner that might do away with the things they worry about.

CONQUEST OF FEAR.

One of the fundamental facts of life is that in the midst of family, friends, society, each person is essentially alone: and in this conquest of fear, it is mainly to himself or herself each one must look. In Maurice Duhamel's book, "*We Are Not Afraid*," he says: "This life is ours. In it we are what we think we are; what we are strong enough to command ourselves to be. But we are also as weak as we will admit. Much of our future happiness, health and success—in most of us they are one—depends upon our ability to bring to pass the things we wish to do, to have the things we crave, so long as these things will be good for us to do and to have.

There is an old Arab folk tale about Pestilence which met a caravan upon the desert way to Bagdad.

'Why,' asked the Arab chief, 'must you hasten to Bagdad?'

'To take five thousand lives,' Pestilence replied.

Upon the way back from the city of the Caliphs, Pestilence and caravan met again.

'You deceived me,' the chief said angrily. 'Instead of five thousand lives you took fifty thousand lives!'

'Nay,' Pestilence replied. 'Five thousand lives and not one more. It was Fear who killed the rest.'

Nature never meant fear to harm us, but to escape life's real dangers.

Don't be so sensitive. Do simple foolish things; whistle, sing, bend over and touch your toes—or try to touch them. And don't cry if you can't. Touch your knees and try again.

If you can't do a job one way, imitate the ant and figure out another way to get it done—or another thing to do.

Can you play any game at all, even halfway well?

There is a grand game you ought to learn. You make all the rules yourself. If you can master it you are a success.

It is called Life!"

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